



Essex
Wellbeing Service

Annual Report 2025-26

Commissioned by



Essex County Council





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Foreword

The **Essex Wellbeing Service (EWS)** provides Essex residents* with free access to a range of services that are designed to both identify and support people with their wellbeing. We provide services supporting people to live well independently and preventing them from developing life-limiting and life-changing conditions such as hypertension, kidney disease, heart disease, type 2 diabetes, depression, insomnia and dementia.

These services are also tailored to support Essex businesses and their employees via our dedicated Essex Working Well programmes.

The Essex Wellbeing Service is commissioned by **Essex County Council**. Provide Community was awarded the lead contract in April 2022 and works with Age Well East, Rural Community Council of Essex, HCRG Care Group and Priority Digital Health to deliver the core services. Together they form the Essex Wellbeing Service Alliance working closely with Public Health Commissioners to evolve and iterate the service and are additionally supported by specialist local partners who are part of our Care Navigation Plus Partnership.

The Essex Wellbeing Service is a local service tailored to the population needs of Essex residents and since its launch in 2022 has helped over 160,000 residents. This year built on the success of the preceding years with more specialist organisations working with our teams to support Essex resident live independently and well. We are proud to share our work with you in this Annual Report for the year April 2025 to March 2026.

*excluding Southend-On-Sea and Thurrock

Commissioned by



Essex County Council



Chris French
Assistant Director of Public Health,
Essex County Council



Michelle Parker
Director for Strategic Partnerships,
Provide Community

Essex Wellbeing Service Alliance



Provide Community are the lead provider for Essex Wellbeing Service and are an Essex headquartered employee-owned Community Interest Company (social enterprise). Provide Community deliver a broad range of health and social care services throughout Essex and East Anglia, as well as other areas of the UK, including Yorkshire and Dorset.

With a vision to transform lives through care, innovation and compassion, the organisation has a growing portfolio of businesses committed to offering continuing improvement, accessibility and quality of services.



Rural Community Council of Essex (RCCE) is an independent charity helping people and communities throughout rural Essex build a thriving and sustainable future. Set up in 1929, we have over 400 local community organisations in membership, principally parish and town councils and village hall trusts.

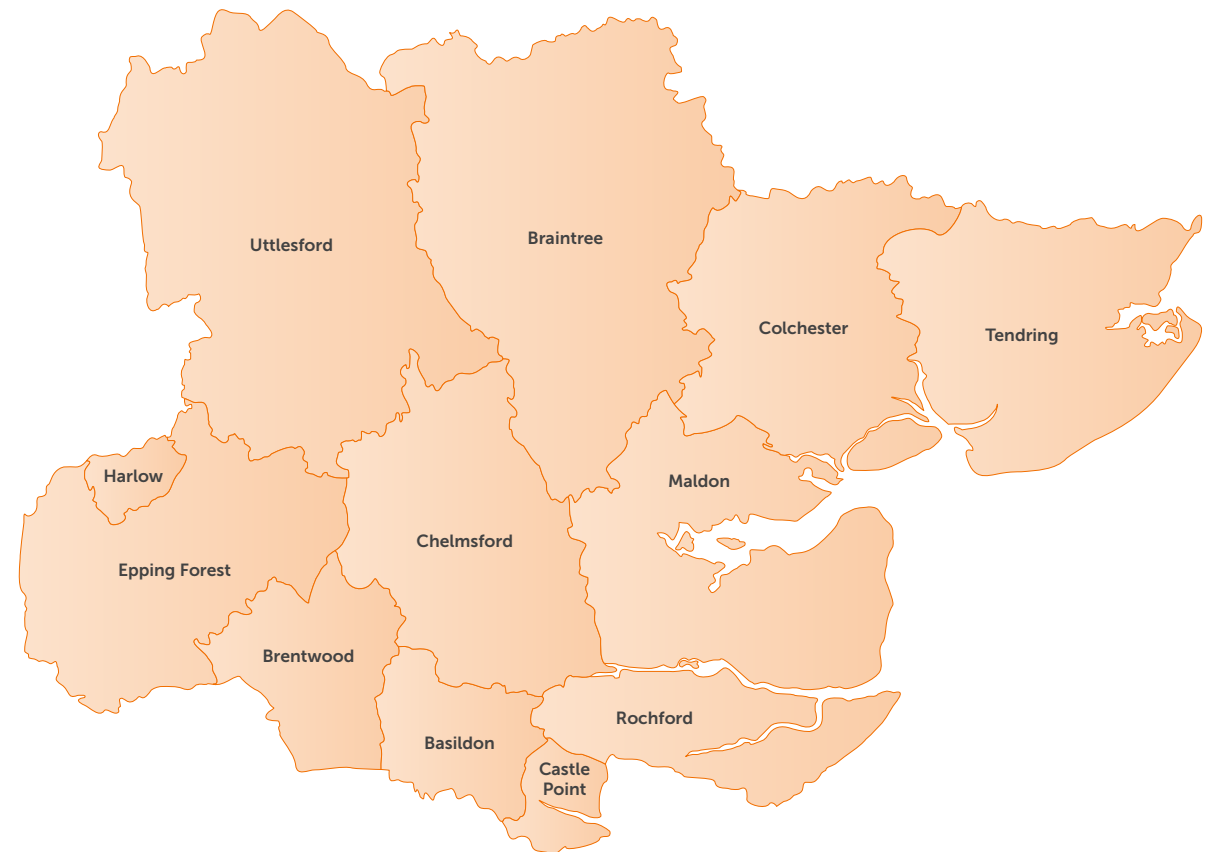
RCCE works with communities to tackle issues such as social isolation, poor access to services and a shortage of affordable housing that are crucial to the life chances of people who live and work in rural Essex today. Although our main focus is on rural communities, some of our services most notably Essex Wellbeing Service Community Agents Essex and Kinder Essex are provided on a countywide basis.



Priority Digital Health (PDH) build digital solutions that empower better self-management and service management of residents' health and wellbeing. They ensure people get the help and support they need quickly, while remaining true to their 'Tell Your Story Once' mantra.

The Essex Wellbeing Service uses the PDH case management system that digitises lifestyle bookings, volunteer sign-ups and management and referral or self-referral for support. The PDH wellbeing App AmaraHealth™ is used by service users to manage their own wellbeing and provides valuable insights to enable further support from the service where Essex residents can track, analyse, and manage their whole-body health inside one app.

Priority Digital Health also provides marketing services for Essex Wellbeing Service and Essex Working Well including websites and social media.



Age Well East offers community friendship services to anyone over 18 in Essex. The organisation's aim is to end loneliness. The organisation aims to reduce loneliness and social isolation by helping people stay socially connected and empowering them to age well as a core part of the Essex Wellbeing Service offer.

We know that when left ignored, loneliness can escalate from a temporary situation to a chronic challenge, which the NHS estimates as having the same detrimental impact on health as smoking 15 cigarettes a day. In Essex alone, as many as 80,000 people are thought to be lonely.



HCRG Care Group is one of the UK's leading independent providers of community health and care services. The organisation works with health and care commissioners and communities to transform services including many for children and families.

The children and family healthy lifestyle service is here to support families in making long-term, sustainable adjustments to suit their lifestyles.



150+

Partnership Organisations
across Essex under
CareNav+

50,000+

calls handled

70,000+

enquiries, that's almost
6,000 every month

2.6min

average queue answer time



4.7/5 Customer
Satisfaction Score

EWS Single Point of Access

All Calls, Emails and Letters are received and made through our Single Point of Access (SPA) staffed by Provide Community. We simplify and streamline pathways into care and support for both residents and professionals. Embracing a “no wrong door” approach, we reach people who may not have recognised their need for support.

Care Navigation+

The Essex Wellbeing Service (EWS) champions a CareNav+ Partnership which is a broad and inclusive network of specialist partners and providers working together to support vulnerable residents across Essex, often before reaching a crisis point. pathways, and making sense of what’s happening on the ground. It gives us a clear view of demand, highlights what’s working well, uncovers gaps, and helps shape smarter, more responsive services.

Working alongside these respected and renowned organisations across Essex, each contributing valuable expertise in their specialist areas to deliver comprehensive, we provide person-centred care and support.

Once our residents have consented, they are either connected with the right team or EWS service or contacted by one of the EWS Wellbeing & Community Navigators.



Referral outcomes

95% of our total referrals resulted in outcomes of support, advice and or guidance through EWS, and only 5% of these outcomes either declined, are awaiting to be contacted and or are self caring. 160,000+ inbound referrals since 2022 and 200,000+ outbound referrals and supported bookings

“The way she has been with our patients is amazing, she is the sort of person I would love to call me if she was supporting me or a family member. I have shared with her how much I enjoy listening to her professionalism and admire her rapport building skills. Communication and kindness are definitely her super skills.”

Children and Family Lifestyle

Habits developed during childhood significantly influence an individual's health throughout their life. By adopting a whole-family approach, we promote balanced nutrition and physical activity in children, helping them maintain a healthy weight and reducing the likelihood of health issues or diseases in the future.

Our Child Lifestyle service, provided by HCRG Care Group, has successfully assisted over 60 families with a supportive, judgment-free service customised to meet each family's unique needs.



Weight Management

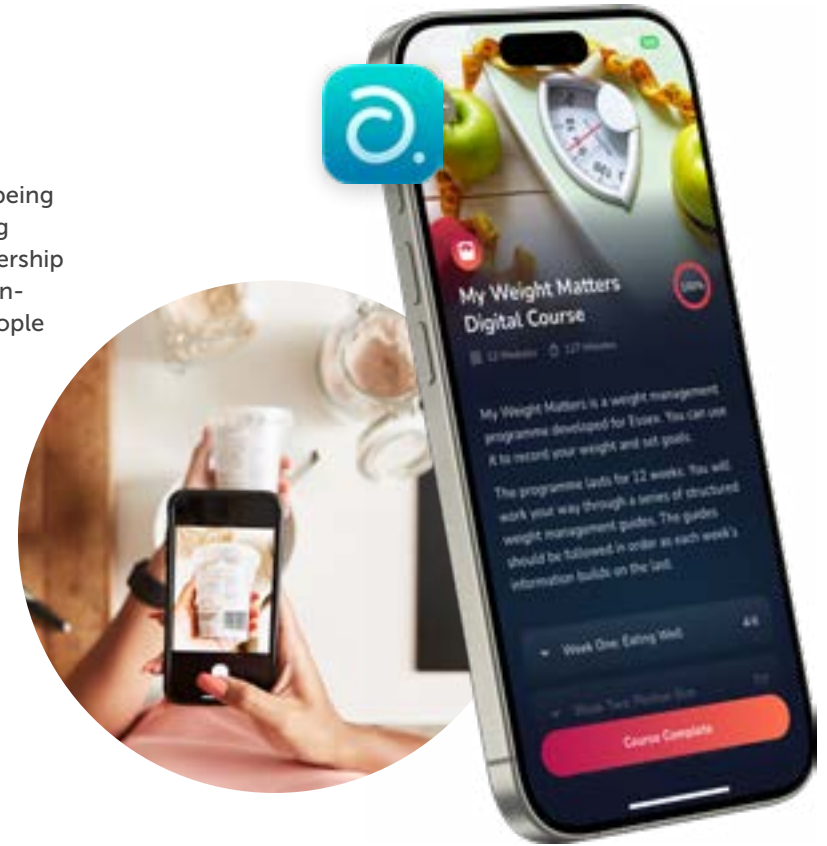
Provide Community resource the Essex Wellbeing Service Weight Management team supporting people to achieve their weight goals in partnership with cross-County delivery partners. This non-judgemental service is tailored to support people through their person weight journeys.

During 2025 we worked in partnership with Public Health Commissioners to adapt the service to the changing needs of residents by taking a goal-based stigma-free approach to weight management rather than a universal service.

10,000+
referrals

5,600
happy to self-support

1,000
referred to address other barriers to weight loss



3,500+
working with our weight practitioners

88%
achieved an outcome such as weight loss or other lifestyle



An NHS Health Check is a free, 20 to 40-minute check-up for adults in England aged 40 to 74, designed to spot early signs of stroke, kidney disease, heart disease, type 2 diabetes, and dementia. It assesses risks and provides personalised advice to help prevent these conditions. Invitations are sent every 5 years to those without pre-existing conditions.

The Essex Wellbeing Service is commissioned to deliver NHS Health Checks across Essex as an important part of its preventative health condition service. Some are undertaken by Provide Community staff but we also commission GP Practices to deliver these on our behalf.

We're delighted to say we overachieved on our target for health checks this year.



45,501
health checks delivered

3000+
workplace digital health checks with our SiSU project delivered by our Working Well team

Over 90%
of Health Checks were delivered in GP Surgeries

"Over the last year our Primary Care Liaison Team and GP surgeries established excellent working relationship with the GP surgeries across Essex to make this happen."



CASE STUDY

In 2025 Essex County Council launched a digital health check scheme for workers in Essex.

The free, self-service stations supplied by SiSU Health UK help users check blood pressure, heart rate, BMI, stress levels, and more in minutes.

The goal is to help people detect early signs of health risks and SiSU users have also now accessed further support services, such as quitting smoking and weight management.

Steve Baker, Managing Director of Baker Labels said:

"The digital health checks have been incredibly well received by our team. It's a simple, quick way to check overall health and supports our commitment to a healthy workplace."





"Madeeha was very professional and understanding. She helped me quit smoking and also gave me the strategy to eventually stop vaping too."

"My advisor, Karen was nice, helpful and seemed knowledgeable. After I stated I wanted to stop smoking and was contacted by the service and told, ok , you are stopping smoking on XX date it was better and easier than running out of tobacco and starting then."

"Great service in helping me stop smoking. Don't think I could have done it without them. Thank you to Sarah for all her help and guidance."

There has also been a huge increase in delivery in primary care (GP and pharmacy) with excellent quit outcomes. 70% has been achieved by our partners in the system such as primary care, pharmacy

During the year, we worked in partnership with East Suffolk and North Essex NHS Foundation Trust (ESNEFT) to support patients and visitors attending A&E and outpatient appointments who smoke by offering free smoking cessation support from specialist advisors, alongside direct access to vape kits. We also provided continuity of smoking cessation care for patients following discharge from hospital, helping to ensure ongoing support within the community.



9,000+
set quit dates

5,000+
quit smoking

800+
reduced their risks from smoking and
are set to quit in the near future

"I am feeling healthier, and since I have converted to vaping, I am not coughing as much and my lungs are better. I have also found that my sense of smell has improved."

Open Road Client

Open Road is an Essex charity empowering a diverse range of individuals, families and communities to lead healthy and more meaningful lives, free from addiction, offending behaviour and disadvantage, to ensure healthier, happier lifestyles.





Maintaining a healthy lifestyle and looking after one's own wellbeing is often secondary for a Carer. Caregivers often find they have less time for themselves and other family members. They often spend so much time on caregiving duties that they end up sacrificing the things they enjoy, like hobbies or holidays. They may also have trouble balancing work schedules around caregiving.

This year we provided support for 3981 carers. Most simply needed advice and guidance which we and our specialist partners Carers First Essex and Action for Family Carers, Essex Carers Support provide, but for those Carers needing other services we made 936 referrals. These included our weight and smoking services as well as Adult Social Care and many other organisations within our CareNav+ Partnership.



3,981

carers supported

1,245

referrals made

Supported by but not limited to:

- Action for Family Carers
- Adult Social Care – Carers Team
- Adult Social Care Direct
- Carers First
- Action For Family Carers – Young Carers
- Mobilise
- ECC Carers Support Service
- Community Agents Essex
- Age Well East



Community Agents provide a free to access home visiting service for adults, and their informal carers, should they have one, with the aim of maintaining or regaining independent living. This is not a caring service, but Agents work with individuals to find solutions to challenges inhibiting independence. This may take the form of helping identify local support or social groups, accessing specialist support or help with benefits, applying for blue badges and home adaptations.

"Truly amazing support from a wonderful lady and a great service. The support from your Community Agent was a breath of fresh air and took away my stress and concern."

"Your agent's professional and experienced intervention has been fantastic. This is a brilliant service and your Community Agent is a truly effective practitioner."

7,300 activities and referrals supporting local people

1,500 blue badge applications supported

900 local connections made

500+ supported with benefit forms

300 carers supported Technology

1,200 access to careline and assistive technology

200 fire safety referrals



Kinder Essex

Kinder Essex (formerly known as United in Kind) helps individuals and communities to tackle the problem of loneliness and social isolation, that can impact both mental and physical health. Through acts of kindness, working with partners, informal volunteering and supporting local communities across Essex, ideas can be brought to life for reducing social isolation and loneliness and new friendships and support are developed.

"The Kinder Essex coaches I've met have all been very supportive of the group and bringing us together to unite in our skills, as well as showing deep appreciation for the items that are made for and donated to the local community."

"With Kinder Essex, you only have everything to gain in a positive way. I feel really uplifted to be involved in the community where I live"



11 Hug in a Shrug in-person groups

27,310 acts of kindness

1,457 volunteers supporting Kinder Essex

118 new groups started

581 community partners

2,000 Facebook followers and growing

96% of Kinder Essex participants have increased their social engagement by at least 2 hours a week

Real People. Real Stories.



Connection at Home - Gordon & Christine

Gordon is 92 years old and lives at home, where he is largely housebound due to mobility issues. With limited opportunities to get out and about, regular social interaction had become increasingly difficult.

In October, Gordon was matched with volunteer Christine through our befriending service. From the outset, the match proved to be a natural fit.

Their visits quickly became something both look forward to. Time together is often spent playing Rummikub, sharing stories and catching up on what they've both been doing. Conversation flows easily, with plenty of laughter along the way.

Christine reflects: "I really enjoy visiting Gordon as he's a delight. He's always happy to see me and we have great chats about what we've both been up to. Gordon always has a funny story to share with me to make me laugh. He's so interesting, and I've learnt a lot about him and his hobbies. I get as much out of these visits as Gordon does."

For Gordon, the visits have brought companionship and something to look forward to each week.

He says: "I really enjoy the visits from Christine - she is a very nice intelligent lady."

This match highlights the importance of meaningful connection, particularly for those who are unable to leave their home. Through simple, consistent visits, Gordon and Christine have built a genuine friendship, one that brings enjoyment, laughter and mutual benefit.



"I have spoken to the client, who advised that circumstances have changed since the previous discussion. Their spouse is now receiving hospice end-of-life care with four daily carer support visits in place. This additional support has significantly reduced the pressure of the caring role, and the client feels they are currently able to manage without further assessment. The client has agreed to make contact if their situation changes and thanked the SPA for their guidance to access support".





Hello, I've just spoken to the above client JW. She wanted to thank the CA who visited her last week I believe it was, and to say how lovely and kind she was to her. The client didn't need any support as it turned out but want to say how wonderful the CA was and how lovely it is that there are Service like EWS/CA out there helping people.

"I have never spoke to any one like Jess extremely professional very easy to talk to always gave me sound advice and kept me totally up to date with my situation in other words a very nice professional lady and I think very good at her job."



From Loss to Friendship – Jo & Chris

At 80 years old, Chris was referred to us following the loss of her husband. Alongside her grief, she was managing her own health challenges, which had a significant impact on her confidence. Once a deeply active member of her community, Chris found herself increasingly isolated and withdrawn.

Before this period, Chris had been an avid churchgoer and a familiar, supportive presence in her local area, giving her time to help others through her work with Open Door. Losing that sense of connection left a noticeable gap in her life.

Through community companionship, Chris was gently supported to re-engage with the world around her. She was introduced to local groups and accompanied to a church service. These small, consistent steps made a real difference. One group in particular stood out, and Chris soon felt confident enough to attend independently. Seeing her take part in seated exercise sessions, smiling and fully involved, was a powerful moment.

Returning to church was equally significant. Chris was welcomed warmly, with many familiar faces greeting her with genuine affection. It was clear she was not only remembered but valued, a reminder of the strong roots she already had within her community.

With growing confidence and a renewed sense of purpose, Chris made a remarkable decision: she chose to become a volunteer herself.

Transitioning from someone receiving support to someone offering it is a powerful step. Chris has now completed her training and is preparing to support others, bringing with her empathy, lived experience and a natural ability to connect with people.

Chris shared that the support came at exactly the right time in her life. What stands out most is not only the positive impact on her wellbeing, but the way she has reclaimed her independence and identity.

Her journey is a clear example of what meaningful, person-centred support can achieve, not just reducing isolation, but enabling people to rediscover their confidence, rebuild connections and go on to make a difference to others.



Real People. Real Stories.



Despite having a healthy BMI, he found out he had high blood pressure and was told that his smoking could also increase his risk of a heart attack.

He decided to take the support on offer from Essex Working Well via the digital health check project and join the Swap to Stop scheme to get free support to give up smoking. Richard lost his mum last year in her early 60s from a Stroke and says he is so grateful that he had an opportunity to use the machine while at work so he could ensure his children 'do not have to go through that pain I have gone through, losing a parent at such a young age'

Richard, aged 46 - Street Warden Colchester City Council

'Working in a call centre I have been tired a lot recently but had put it down to juggling my kids and work...I used the Mini machine in my lunch break - in just 5 mins found out my blood pressure was really high and I was 2 stone overweight - now I am on tablets, and it is well controlled - I have also started 'Couch to 5k' and eating more vegetables - so pleased my company got the machine for us to use'

Nicki - early 30s



'I'm a binman for the Council and walk 18 miles a day on the job AND go to the gym so thought I was really fit. I loved doing the Maxi check as my body composition was just 12% but my dad had a heart attack at 45 and my mum has Angina and when I did the stroke test (QRISK3) I came out high!?? I was told to go to the GP, and I have high cholesterol - they say I got it from my parents, and it is not my fault'

Harry - mid 20s



CASE STUDY

I work as an employability advisor in Basildon and the Maxi™ came to our business in October in 2025. I'm 60 now but I've never been for a health check. I had been suffering from daily headaches and occasional dizzy spells for a few months, but I just couldn't be bothered to go to the GP, so I took headache tablets and seemed to help. I assumed it was all down to life stresses and strains and didn't think it was something serious. I didn't want to do something like bother the GP and it's so hard to get an appointment.

What was the machine like to use?

Oh, my goodness it was so simple. It felt comfortable. The instructions were super clear. It almost felt like the machine did it for you!

What did you find out?

I found out that I was overweight, but I already knew that. However, until I sat down at that machine, the last thing I expected to find out was that I had very high blood pressure - it was such a shock!



What happened next?

As soon as I got my results, I took the SiSU app and showed it to the receptionist at the doctors on my way home from work who didn't seem to be particularly concerned. The following day I had a conversation from someone at Essex Working Well who supports people with high blood pressure. They suggested that I needed to go back to the GP, so I phoned.

I didn't have a blood pressure machine to monitor blood pressure and so I borrowed one from the library service which I'd heard about from Essex Working Well. I was so impressed with the service I got at the library they were able to give me a blood pressure monitor to come home with and even though I've got slightly larger arms they managed to find me a really good large cuff that I could use to get accurate results and my GP rang me. They were extremely concerned and suggested I needed a 24-hour monitor to look at my blood pressure, but they didn't have any spare for a month. I said I was happy to wait a month, but the GP said, and I quote 'it could be too late' that really shocked me. He started me on tablets immediately and now my blood pressure is down to normal.

Would you recommend using the machines?

Oh my God yes definitely, I think this machine probably saved my life it definitely prevented me from getting really sick and told me something I've never known without it. There should be more of them, and they should be everywhere.

** image for illustrative purposes only*



765 client referrals

458 supported by a 1-2-1 volunteer befriender

173 Matches closed – needs met

49 Matches closed – re-referred in

26 Matches closed moved onto group/ clubs

79 referrals to external agencies or organisations

429 referred into other Essex Wellbeing Services

7 Safeguarding issues raised

Loneliness and Social Isolation are acknowledged to have a direct impact on the health and wellbeing of vulnerable, often elderly people. We are thankful to be able to rely on an army of volunteer befrienders, who offer regular visits or friendly phone calls to people who are feeling lonely. Fully trained with a dedicated coordinator, our partner Age Well East provide befriending services, a vital service in helping to ease loneliness and build meaningful connections.

Volunteer home visits and telephone befriending support Essex residents who, for whatever reason cannot access their community. Community Companions also support residents to access their local community and meet new people.



Robin reflected: "I love that I've been matched with this lady. We share a lot of interests and views and happily put the world to rights over a cuppa on a weekly basis. "For Liliana, the impact has been significant. The companionship has brought energy, laughter and a renewed sense of connection, not just for her, but within her wider community."

Liliana shared: "Robin keeps me sane. Our conversations fly by because we get so passionate about our interests and keeping up to date with everyone's news. My neighbours have been to visit to find out who Robin is and what he is doing, and now they know all about the wonderful things AWE do. Some have even considered volunteering or contacted them about other support."



Our Community Outreach Team, staffed by Provide Community works with seldom heard communities across Essex. We understand that many neighbourhoods face significant health inequalities and often do not engage with traditional health and social services. Our team takes the time to earn the trust of these communities, recognising the importance of fostering genuine relationships and creating safe spaces for open dialogue.

We offer tailored one to one coaching to support individuals in improving their overall wellbeing supporting clients with a wide range of goals including Alcohol reduction, Stopping smoking, Mental health and emotional wellbeing, Improving sleeping, Reducing social isolation, Increasing physical activity, Weight management and Support with independent living.

During the year the team transitioned from a partnership delivery model to being fully embedded within the Essex Wellbeing Service. New Facebook accounts for our outreach team with over 100 followers each and nearly 500 bookings across the team for 1 to 1 coaching support.

We set up Facebook accounts and now have a total of 939 followers and 971 friends

Our Champion Programme has 12 Champions of which we have received referrals for 10 health coaching clients and 2 stop smoking clients.

Our swap to stop smoking offer has seen:

42 vapes given out

11 quits

14 harm reduction (quit cigarettes but continue to vape)

11 lost to follow up (refuges being moved out of area)

1901 people we have engaged via MECC

54 Health Checks

80 Lifestyle Checks

32 Onward Referrals outside of EWS

43 New Coaching clients from outreach events

Essex Working Well supports Essex businesses improve productivity through programmes that keep people well at work.

Mental Health Support and MHFA Training - Up to 10 MHFA England half-day Mental Health Aware training places, Our monthly newsletter, Selected eLearning modules Access to a personal development programme and app.

Small Business Workplace Wellbeing Award offering support to organisations with workplace wellbeing support and training to improve the wellbeing of your workforce but don't have a large in-house team to make it happen.

On site Health and Wellbeing Services.

Provide
community



GFM ClearComs
UK Contact Centre Awards
**Best Health & Wellbeing
programme of the
year (Gold)**
Nov 25

Launched the Smokefree Employer Award

Our MHFA England training enabled **2990** supportive conversations

Engaged with **174** employers

3064 Digital Health Checks

447 NHS Health Checks

562 Lifestyle Checks

182 Stop Smoking support referrals

742 MWM referrals

WORKPLACE CASE STUDY

"I was smoking 10-15 cigarettes a day and had tried quitting before. The health benefits and the cost of smoking were the reason I decided I wanted to quit

The Workplace Stop Smoking Advisor was absolutely fantastic help to me, and a great support throughout my journey.

My energy levels have increased and, of course, I've saved money, which I've been putting towards things I need/want in my house.

If someone is ready to give up, I would absolutely recommend the Essex Working Well Stop Smoking programme ... and already have.

Essex Employee

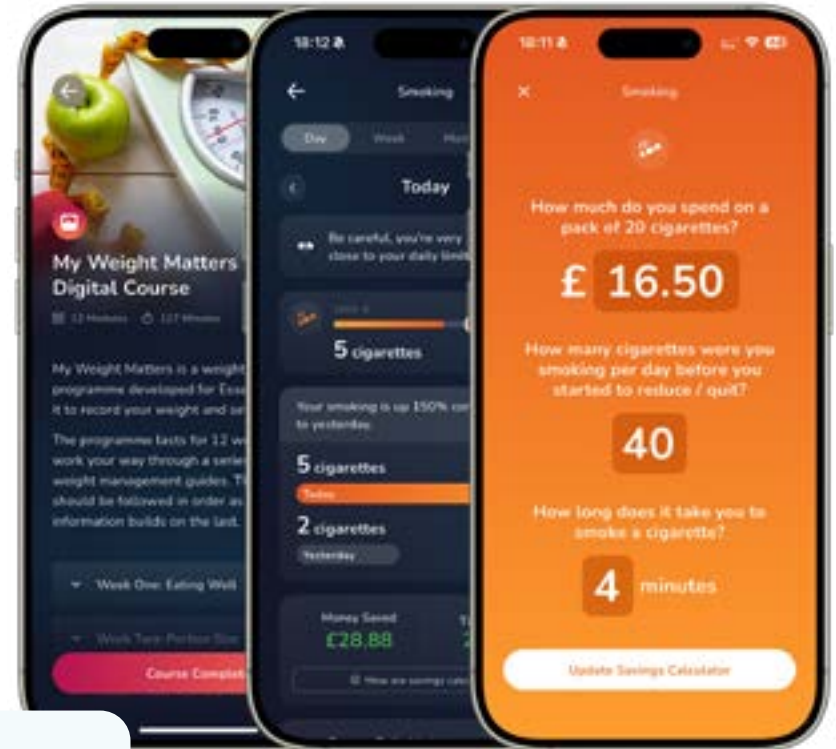


Digital Engagement and Case Management

Our digital partner Priority Digital Health processed over 30,000 records during the year through the PDH Case Management Platform.

Over 2,000 people signed up to use the AmaraHealth™ App this year, enjoying the growing number of useful features that support stop smoking and weight management services such as money saving calculator for smokers and enhanced food diary and bar code scanning. Once user consent tracking data is pushed to the user record allowing our practitioners to monitor progress and supports self-recording of progress data.

Utilising digital tools such as apps and case management software significantly enhances the efficiency and effectiveness of service delivery while ensuring the safe and secure storage of personal data across contracts.



“The PDH Platform not only ensures the privacy and security of sensitive personal data but helps the service process referrals – inbound and outbound - swiftly and accurately”

SPA Manager

“The app has really helped me with my smoking and understand exactly what I’ve been spending and how I can save money”

Service User

Marketing

The goal of our marketing activities is to raise awareness for the services offered by Essex Wellbeing Service (EWS) for residents, communities, and employers. We aim to increase traffic to the EWS and Essex Working Well websites, encouraging more individuals to sign up for our services.

Promoting mental and physical health is a priority, with a focus on critical areas such as smoking cessation, weight management, loneliness, and social isolation. We seek to enhance community resilience and drive direct bookings for our stop smoking initiatives, weight management programs, and NHS Health Checks, while fostering greater engagement within communities.

We have continued to target Essex residents—excluding Southend-On-Sea and Thurrock—who are registered with a GP and aged 16 and over. We particularly emphasise support for adults, families, and children looking to lose weight, as well as adults seeking to quit smoking. Addressing social isolation is crucial for enhancing the well-being of the most disadvantaged communities.

During the year we undertook a major piece of repositioning and rebranding work in order to enable greater support to the marketing of the service to all stakeholders and organisations and partners across the health and wellbeing system in Essex. The result is a more visible use of the EWS brand across each of the services and an increase in activity in our LinkedIn accounts. We are aiming to increase awareness for our broad range of services and speed up referrals to help get residents the advice and support they need.



- Befriending
- Care Navigation Plus
- Carers
- Children and Family Lifestyle
- Community Agents
- NHS Health Checks
- Outreach
- Single Point of Access
- Stop Smoking
- Weight Management
- Wellbeing

Social Value

Every commissioned service needs to demonstrate social value - the broader positive impacts delivered beyond the economic and operational aspects of their services.

The Essex Wellbeing Service has successfully aligned its initiatives with community needs, promoted local economic investment, and enhanced social wellbeing throughout the year. Our commitment to environmental sustainability and active community engagement has driven measurable outcomes and established a foundation for long-term impact.

11.9% over target

5 Year Plan	£22,866,905.41	
Total to Date	£20,470,718.77	
Yr4Q4 Plan	£18,293,524.33	
Variance to Yr4Q2 Plan	£2,177,194.44	11.9%

If you keep going as you are, based on the last 4 quarters as a projection, you will finish your 5 year contract, just over target by 2.6%

5 Year Plan	£22,866,905.41	
Projected Actual	£23,457,009.25	
Variance Plan vs Projection	£590,103.84	2.6%



CASE STUDY

Befriending Team Volunteering: Supporting Green Spaces and Biodiversity

In March 2026, our Befriending team rolled up their sleeves and did their bit for the Essex Wellbeing Service's social responsibility, helping to protect green spaces and support biodiversity through litter picking across Clacton, Danbury and Harlow. With the sun on our side, it turned into more than just a good deed, it was a chance to get outdoors, enjoy some fresh air and spend time together as a team. Judging by the laughter and feedback, it's safe to say doing good felt good too.

www.essexwellbeingservice.co.uk



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