

Eyres Monsell Community Development/ Support 2022

Alongside our youth club sessions, we have developed a range of services and groups that benefit the wider community.

Foodbank :

We continue to run a weekly foodbank that provides an average of 40-45 food parcels each week. Most of applicants live within the LE2 9 area, with only a few applying from out of the area.

We also continue to take on both 3 week and one-off emergency referrals. Current Referrals are from Early Help, Family Support Workers, Social Services, and school staff.

Since we started providing food parcels during covid-19, we have provided over 12,500 food parcels to residents within Eyres Monsell.



Pantry :

Our community pantry/shop is based in a state-of-the-art shipping container situated in our car park. It is designed to support local families with affordable food, toiletries, and essentials. Our prices are approximately half the standard retail price.

Our pantry currently opens during the following hours:
Monday 6:30-7:30pm
Tuesday 11-2pm
Thursday 11-2pm
Friday 11-2pm



On average we have around 52 people who use our pantry services in a typical week. This equates to an average of 208 per month.

And have 130 members currently signed up to our pantry scheme.



The Queen's Award
for Voluntary Service
The MBE for volunteer groups

Eyres Monsell Club For Young People

EMCYP

•Building A Brighter Future•



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Community Projects:

We run a variety of community projects that community members can get involved with and benefit from. These include a weekly bowls club and Armchair Aerobics class that run every Tuesday, a Community Café (Thelma's Kitchen) that opens five days a week and a friendship group that meets once a month.

As part of our NHS, Getting Help in Neighbourhoods grant we run a women's only fitness class, a mixed fitness class, Mindfulness workshops and FREE counselling sessions with a fully qualified, independent counsellor.

Alongside this we also continue to run our Bounceback sessions. Bounceback is aimed at both young people (11+) and adults, who are suffering with mild to moderate mental health difficulties. Bounceback uses exercise and fitness to battle the stigmas around mental health. This programme works on an 8 week scheme, focusing on emotional wellbeing, fitness, self-confidence, self-esteem and personal development. (We try and make the programme personalised to the user and their needs) We accept professional and self-referrals for this programme.

Eyres Monsell Health Hub :

Over the past year we have been having some building work taking place at the centre. The building work is finally complete, and on Saturday October 1st 2022, our Health Hub will finally be officially opened!

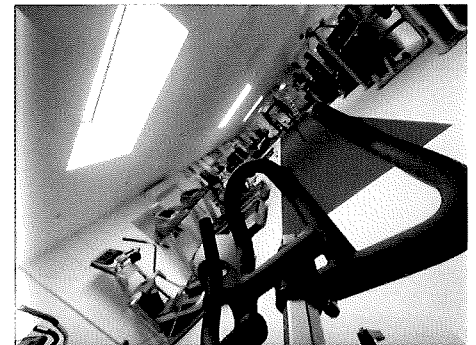
The Health Hub will be a first stop shop for emotional and physical needs, with a personal trainer, gym instructors, mental health first aiders and a counsellor all on hand to support the local community.

Any questions please contact:

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