

Broomhall Centre Welcome Spaces Report

Welcome Spaces (WS) at the Broomhall Centre are comprised of 'Welcome Space', and 'Support Drop-In'.

Welcome Space is a sociable Wednesday afternoon session that follows our weekly community meal, which is provided by Food Cycle. At Welcome Space, guests can have hot drinks and biscuits, chat, play board games, watch TV, play pool, read, draw, colour, and sew. They can also charge their electronic devices and connect to our Wi-Fi.

Support Drop-In is a quieter Thursday afternoon session focused on digital access and information, advice and guidance (IAG). Here, guests can have hot drinks and biscuits, use our laptops and Wi-Fi, get help with using their own phone/laptop, and be supported through tricky personal admin processes such as form-filling or job applications. They can also make appointments for our Citizen's Advice Sheffield (CAS) Community Access Point (CAP) and be supported to implement or follow up the advice they received there.

Both sessions often provide an opportunity for guests to pick up surplus food from Wednesday's community meal, ranging from fresh vegetables to sweet treats. We have also partnered with other organizations to provide blood pressure checks, dementia information and signposting, craft workshops, and support sessions delivered by specialist facilitators. Regular volunteers support the running of both sessions.

The following surveys were delivered during late January and early February 2025, as part of providing monitoring information for funders. Most of the respondents came from the Wednesday WS as it is a longer-running session than the Thursday WS, and so simply had more regular clients who could tell us about how the services have impacted them (or not) over time. Additionally, there is some crossover between attendees of the two groups.



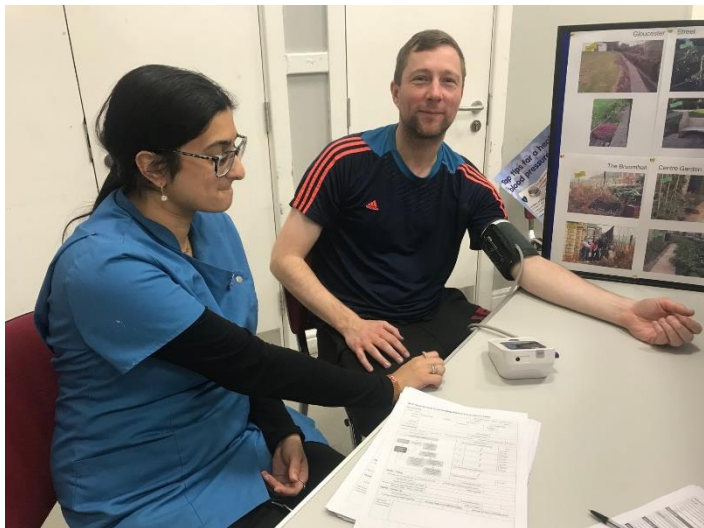
Summary of health & wellbeing impacts:

- 14 out of 18 respondents (77%) said that WS helped to reduce feelings and symptoms associated with stress, anxiety and depression.
- 13 (72%) said that they had more access to healthy food since attending WS.
- 11 (61%) said that their mental health and/or wellbeing improved.
- 10 (55%) said their physical health and/or wellbeing improved.
- 13 (72%) said that they felt more confident, and that their self-esteem had increased.

Summary of social impacts, or reduced inequalities:

- 8 out of 18 respondents (44%) said they felt less discriminated against since attending WS.
- 12 (66%) said they felt that their awareness of and understanding of other cultures and people had grown.
- 14 (77%) said they felt empowered to advocate for their rights (e.g. to be included, safe, and treated fairly).
- 10 (55%) said they felt they could have a say in the decisions that affect them.

These results indicate that attending WS is having a positive impact across many important areas of many of our attendees' lives, and that some positive impacts were more widely felt than others. To learn more about the impact of WS on peoples' lives, we ought to repeat this survey periodically, so that we can see if there is change over time. It might also be a good idea to include a question about when the respondent started attending WS, and what their reasons for attending are. We ought to be proactive about surveying guests and about making surveys as easy and accessible as possible for them to complete, as many respondents left some questions unanswered.



Full survey results:

Part 1: Good Health & Wellbeing	Strongly Agree	Agree	Disagree	Strongly Disagree	Unsure/ Neutral	Prefer not to say
<i>Total 18 people responding to the following statements. Please note that not all respondents answered all questions.</i>						
Attending WS has helped reduce my feelings of stress, anxiety and/or depression symptoms.	5	9	2	0	2	0
I have more access to healthy food since attending WS.	8	5	1	1	3	0
My <u>mental</u> health and/or wellbeing has improved.	2	9	2	2	2	0
My <u>physical</u> health and/or wellbeing has improved.	2	8	3	1	2	1
I feel more confident, and my self-esteem has increased.	5	8	2	0	0	2

Part 2: Reduced Inequalities	Strongly Agree	Agree	Disagree	Strongly Disagree	Unsure/ Neutral	Prefer not to say
<i>Total 18 people responding to the following statements. Please note that not all respondents answered all questions.</i>						
I feel less discriminated against since attending WS.	3	5	3	1	4	1
I feel that my awareness and understanding of other cultures and people has grown.	3	9	1	0	5	0
I feel empowered to advocate for my rights (e.g. to be included, safe, and treated fairly).	2	12	1	0	3	0
I feel I can have a say in the decisions that affect me.	1	9	2	2	3	0

Summary of demographic information:

- Around 17 people responded to this part of the survey, but many left questions blank or ticked more than one box.
- A wide range of ages attend WS, but most guests are over 45, with the largest group being those over 55.
- It's a mixed gender group, but does skew male quite significantly, with around twice the number of men than women in attendance.
- 3 respondents identified themselves as LGBTQ+.
- Almost all respondents said they had one or more long term health condition, disability, learning difficulty, or neurodivergent condition.
- WS is mostly white, but does still contain a spread of people from a range of ethnic backgrounds.
- The majority of WS guests live in social housing or privately rented housing.
- Most WS guests are not currently in paid work. A significant proportion of those not currently working said that they were looking for work.
- 5 respondents said that they have caring responsibilities.
- Most WS guests live on low or very low incomes: half of all respondents who ticked a box on the question on household income said theirs was £20,000 or less, while the other half said that theirs was £10,000 or less.



Full demographic survey results:

Age Group	
Under 18	0
18-24	2
25-34	1
35-44	1
45-54	4
55+	7

Gender	
Male	11
Female	5
Non-Binary	1
Other (please specify)	0
Prefer not to say	0

Ethnicity	
White: English/Irish/Welsh/Scottish/Northern Irish/British	8
White: Irish	0
White: Gypsy or Irish Traveller	1
White: Other (please specify)	2*
Mixed/Multiple Ethnic Groups: White and Black Caribbean	0
Mixed/Multiple Ethnic Groups: White and Black African	1
Mixed/Multiple Ethnic Groups: White and Asian	2
Mixed/Multiple Ethnic Groups: Other (please specify)	0
Asian/Asian British: Indian	1
Asian/Asian British: Pakistani	0
Asian/Asian British: Bangladeshi	0
Asian/Asian British: Chinese	0
Asian/Asian British: Other (please specify)	0
Black/Black British: African	1
Black/Black British: Caribbean	0
Black/Black British: Other (please specify)	0
Arab	1
Other ethnic group (please specify)	0
Prefer not to say	0

*1x Eastern European; 1x European/German

Do you identify as LGBTQ+?	
<i>Note: LGBTQ+ refers to Lesbian, Gay, Bisexual, Transgender, Queer, and other sexual orientations or gender identities.</i>	
Yes	3
<i>If yes, please feel free to specify here:</i>	2**
No	10
Unsure	0
Prefer not to say	2

** 1x Bisexual man, 1x Gay Transgender man

Do you consider yourself to have any of the following?	
<i>Please select all that apply.</i>	
Disability (physical, sensory, or otherwise)	4
Long-term or chronic health condition (e.g. diabetes, epilepsy, fibromyalgia)	6
Mental health condition (e.g. depression, anxiety, bipolar disorder)	5
Neurodivergent condition (e.g. ADHD, autism, dyslexia)	2
Learning disability or difficulty	1
Temporary disability or condition (e.g. broken limb, recovering from surgery)	2
Condition affecting mobility or dexterity	3
Condition affecting vision or hearing	0
None of the above	4

What type of accommodation do you currently live in?	
Social housing (Council or Housing Association)	7
Private rented accommodation	4
Owner-occupied property (e.g. owned or mortgaged)	3
Temporary accommodation (e.g. emergency or short-term housing)	1
Homeless (e.g. staying with friends/family, sofa surfing, sleeping rough)	0
Other (please specify)	0

What is your employment status?	
Employed full-time	1
Employed part-time	3
Self-employed	1
Unemployed and looking for work	4
Unemployed and not looking for work	1
Student	1
Retired	3
Unable to work due to health conditions or disability	2
Prefer not to say	0
Other (please specify)	0

Do you care for someone with a disability, long-term health condition, or other needs?	
Yes	5
No	9
Prefer not to say	1

What is your household income (before tax)?	
Under £10,000	5
£10,000 - £19,999	5
£20,000 - £29,999	0
£30,000 - £39,999	0
£40,000 - £49,999	0
£50,000 or more	0
Prefer not to say	6