

# THE TEASHOP

*In Hackney*

SPILL THE Tea

## WHAT'S THE TEASHOP?

The Teashop is a service that connects people over a cup of tea to enhance mental wellbeing, together. These sessions bring community members together to participate in enjoyable activities like art-making, yoga, and creative workshops that are associated with improved mental health. "Spill the Tea" sessions are specially tailored to young adults.

## WHAT ARE "SPILL THE TEA" SESSIONS?

In October 2023, the Teashop debuted in the London Borough of Hackney with two "Spill the Tea" sessions, funded by Hackney Council's Community Chest programme. This series, titled "Identity through Mixed Materials," brought together young people (ages 20-29) from ethnic minority backgrounds to express their identities with upcycled clothing and photography.

This report highlights the value of creating safe spaces for people to explore their identities using creative methods, fostering improved mental health and wellbeing.

## IMPACT SNAPSHOT

**2**

Total sessions occurred in 1 month

**14**

Total people attended sessions

**100%**

Would recommend the session they attended to a friend

2 sessions  
with

14  
Attendees

Engaging 10  
new users

## WHO ATTENDED?

### ETHNICITY\*



65%  Were Sri Lankan

14% Were Indian

7% Were Kenyan

7% Were Chinese

7% Were Romanian

\*We defined "ethnic minority" as a group of individuals from a certain ethnic group comprising of <50% of the total population in the UK

### MENTAL HEALTH\*



Had symptoms of anxiety and/or depression\*

\*Symptoms were indicated by a score of 3 or above in the PHQ-2 and GAD-2 scales

### GENDER



22.9% Selected male

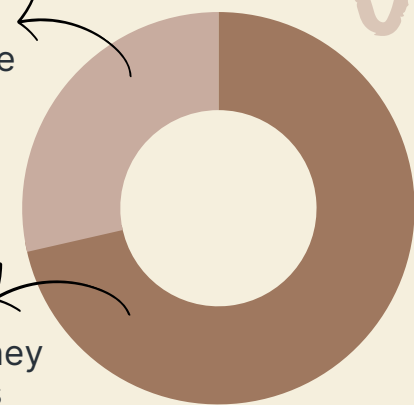
4.2% Selected non-binary



### RESIDENCY

28.6% lived outside Hackney

71.4% were Hackney residents



### HOW DID YOU HEAR ABOUT US?

93% of users were referred to "Spill the Tea" sessions through **friends and/or family**

7% of users were referred to "Spill the Tea" sessions through **Instagram**

# What did our Teashop users *enjoy* about our sessions?



Number of People Who Agreed



“

*It felt like time-travelling back to the 90/2000's, holding vintage analog cameras to learn their functions. From unleashing our photography skills by the amazing facilitator who made everyone feel comfortable, to getting to know each other, I liked grounding our energy as one, breathing in and exhaling.*

“

*Big shoutout and thank you to Mind Axis for creating, holding, and opening spaces for these workshops to run for the community, allowing individuals to connect to their mind, body, and soul.*

“

*The facilitator was very fun and created a safe space. I cannot wait for more events for this to reach more people!*

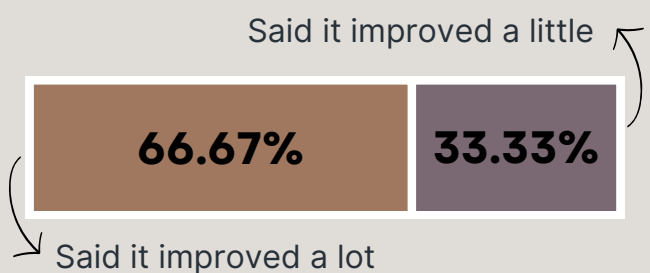
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*I love the ice breakers. It's got us embracing each other's essence even more.*



## To what extent did a session impact health and wellbeing?

**100%** said their health and wellbeing improved a little or a lot



# We couldn't have done it without your generous *support.*




## Thank you

to our team, all the participants, and supporters.

Special thanks to our two facilitators, the Bop Hub, and Hackney Council!

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