

THE TEASHOP

In Redbridge

LET'S TAKE A *sip*

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 wellness discussions that are associated with improved mental health.

WHAT'S THE TEASHOP IN REDBRIDGE?

From May-July 2023, the Teashop was launched in the London Borough of Redbridge. Eleven total sessions (4 yoga, 4 arts, and 3 mental wellness sessions) were delivered as part of a North East London (NEL)-wide Community Chest programme funded by NEL Health Inequalities.

This report summarises findings from this pilot. Our main finding aligns with current research, indicating that group-based sessions that foster a safe, therapeutic space have a positive impact, improving people's mood and strengthening their health and wellbeing.

IMPACT SNAPSHOT

11

Total sessions occurred
in 6 weeks

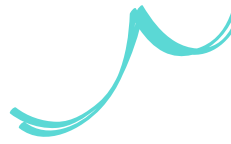
48

Total new users
attended sessions

97.7%

Would recommend the session
they attended to a friend

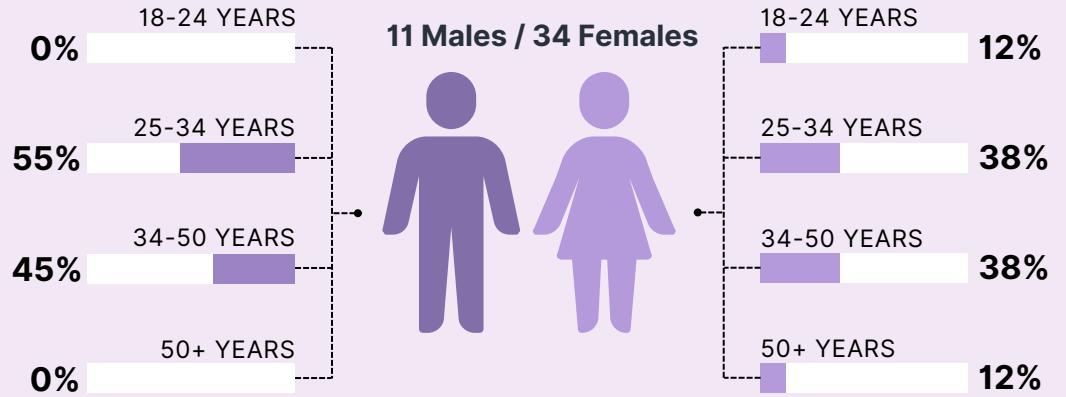
WHO ATTENDED?



48
TOTAL NEW USERS



AGE



ETHNICITY



75%
**Selected Asian/
Asian British**

- 12.5%** Preferred not to say
- 8.3%** Selected White
- 2.1%** Selected Black/Black British/Caribbean/African
- 2.1%** Selected mixed ethnic background

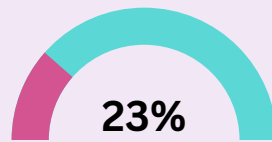
GENDER



70.8%
Selected female

- 22.9%** Selected male
- 4.2%** Preferred not to say
- 2.1%** Selected non-binary

MENTAL HEALTH



23% **11 Users**

Had moderate symptoms of anxiety and/or depression*

WHO DIDN'T ATTEND?

16 People signed up but did not attend

- 31%** Had moderate symptoms of anxiety and/or depression*
- 69%** Were 34-50 years old
- 88%** Were females

*Moderate symptoms were indicated by a score of 10 or above in the PHQ-9 and GAD-7 scales

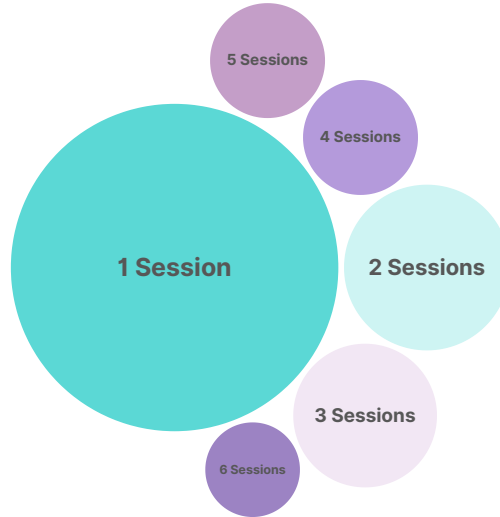
11 sessions with

81 Attendees

Engaging 48 new users

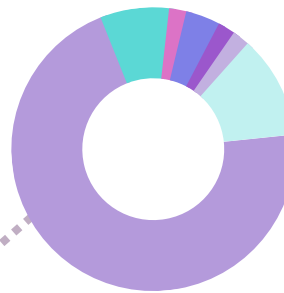
User Attendance

- 69% Attended one session
- 13% Attended two sessions
- 8% Attended three sessions
- 4% Attended four sessions
- 4% Attended five sessions
- 2% Attended six sessions



How did users hear about The Teashop?

65.1% of users were recommended by friends and/or family



- Other (14.0%)
- Instagram (9.3%)
- GP (4.7%)
- Social Prescribing (2.3%)
- University/School (2.3%)
- VCSE (2.3%)

Breakdown

On average, 8 people attended a session

41%

YOGA SESSIONS

33 attendees across 4 yoga sessions

37%

ARTS SESSIONS

30 attendees across 4 arts sessions

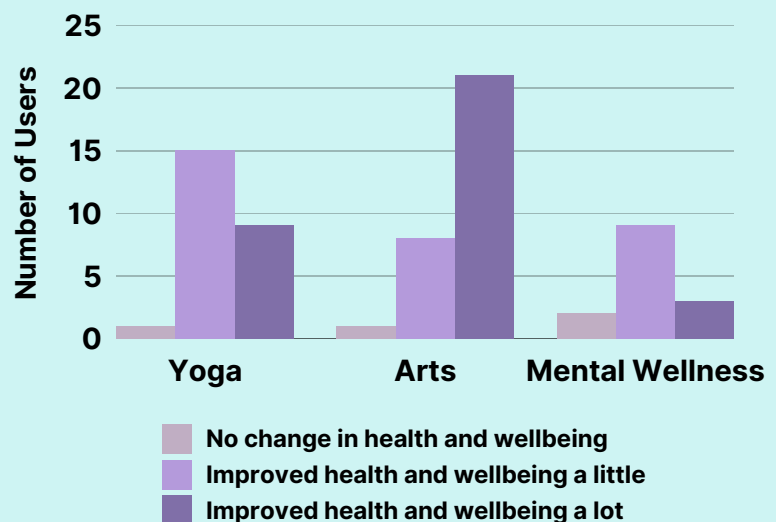
22%

MENTAL WELLNESS SESSIONS

18 attendees across 3 mental wellness sessions

To what extent did a session impact a user's health and wellbeing?

91.7% said their health and wellbeing improved a little or a lot





SPILLING THE *Tea*

What Did Users Think?

Why Yoga Sessions?

Studies have shown yoga helps reduce stress, ease symptoms of depression and anxiety, and enhance mood. Unsurprisingly, participants in The Teashop's yoga sessions confirmed the practice's positive impact on health and wellbeing.



I feel calm and less anxious. Fantastic facilitator!



Really appreciate the yoga sessions. They benefit my mental and physical health.



It was nice to take time out of my day to centre myself and relax.



I felt calm and energised after the session.



Why Wellness Sessions?



Achieving mental wellness is complex and can have many barriers. Each person's journey to mental wellness may look different, but conversations with supportive peers can help. Exploring topics like men's mental health, self-care techniques, and how past life events influence the present, The Teashop's wellness sessions brought people together to have honest and reflective conversations.



I quite like having a non-judgmental space to discuss sensitive topics.



A lot of these discussions are usually in the back of our heads. It's nice to speak up.



I've benefited from an open dialogue, hearing conversations and points of views I had not previously considered.



Loved the safe space to express your opinions.

Why Arts Sessions?

Making art can reduce stress, lower levels of anxiety, and activate reward pathways in the brain. Because art provides an alternative way to express difficult emotions and process challenges, The Teashop provided a series of art-making sessions to give people a creative and safe space to relax.

“

I was able to engage in an activity which helped me not be distracted by other things and focus on one task at a time. This is something I struggle with!

“

I felt an improved mood shift between when I first came in and the end of the session. Thank you for creating this space.

“

It helped me reflect on everyday plants and how helpful they can be incorporating them into your day to day. I also think it's been nice to remember to reflect and take breaks.

“

It was really helpful to have a weekly session that was time set aside to focus on one task and have dedicated time to being creative and de-stressing.




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


Thank you

to our team, all the participants, and supporters.

Special thanks to our three facilitators (Sheyamali, Sujeena, and Rashmi) and Redbridge CVS!

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