

Genesis Trust Bath - Moving through Covid

How the Tackling Inequalities Fund (TIF) changed how we deliver our services

Where: Bath & North East Somerset

Audience: People on Low Income

Participants engaged: 45

Activities: Seated exercise classes, walk and talk projects offering one to one support

The Genesis Trust supports homeless, disadvantaged and vulnerable people in the Bath area, offering opportunities for them to make healthy choices and improve their lives and prospects. We do this by meeting their immediate needs, providing compassionate help and journeying with them as they gain confidence, learn new skills, overcome challenges, improve their prospects, and make choices to restore and rebuild their lives. Genesis Trust took the pandemic as an opportunity to deliver their successful Life Skills project in new innovative ways.

When the centre couldn't host catch ups with clients indoors, they moved these outdoors and used the 30 minute catch up as a walk. Participants fed back:

- "Easier to open up when feeling relaxed, easier when not getting interrupted by others by being away from the centre, to have one-one with the facilitator."

The vast majority of the clients we support struggle with their mental health and we are delighted that overwhelmingly their mental health and sense of wellbeing increases as a result of interactions with Genesis. We use WEMWBS to record this and recorded an average change of 6.85 in score before and after our interventions. Change of 3-6 is considered meaningful, positive change.

The other benefit we have really seen is a desire from clients to want to continue participating in physical activity after being part of one of our activities or courses. The activities that the funding has supported have also been great for client's self esteem and confidence. Many clients have started an activity such as yoga or chair based exercise with the attitude that they won't manage it but they have and have been really surprised and delighted by this fact. So many of our clients are socially isolated and lack a support network. The activities that we have offered as courses or for groups have been wonderful for bringing people together and making them feel a part of a community.

This and previous support through TIF have been really transformational for us as an organisation and have allowed us to pilot a range of physical activities for our clients. What we have found is that they have been incredibly well received and have made a significant impact on the lives of those that we support.