

IMPACT REPORT

2023-2024

Introduction

Revival Food and Mood, an initiative set up by Mind in Bexley and East Kent, and working within the East Kent Mind network, is a social enterprise that operates as a wellness café and mental health hub. Opened in April 2023, it has quickly become a sanctuary for mental health support and community connection on Whitstable High Street. Through a blend of nutritious food, community-focused programs, and dedicated mental health support and resources, Revival supports individuals from diverse backgrounds in achieving well-being, resilience, and social inclusion.

Theory of Change, Mission, and Vision

Revival's Theory of Change focuses on providing holistic, accessible mental health support that fosters social inclusion, emotional well-being, and personal growth through creative and therapeutic methods.

Its mission is to empower the community to connect and heal, offering resources that allow individuals to thrive emotionally, mentally, and socially.

Revival's vision is to make mental health support accessible to all, regardless of socioeconomic status, by integrating therapeutic practices into everyday community life.

Impact data: quantitative

In its first operational year, Revival Food and Mood achieved the following milestones:

2,200 unique visitors and community members benefited from Revival's services.

364 group support sessions, averaging nearly one session every day of the year.

On average, 186 individuals access Revival's groups each month.

Over 150 hours of gifted (pro-bono) services were provided through the Mental Health Bank.

93.3% of attendees reported satisfaction with the support they received with more than 80% reporting that attendance at a group or The Mental Health Bank had been very beneficial and positive for their mental health and wellbeing.

The café also operates a pay-it-forward scheme, enabling the public to donate meals and support sessions for others in need, more than

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Impact data: quantitative - Testimonials

Participants at Revival often describe it as a "lifeline" in the community. The inclusive and welcoming environment has fostered a strong sense of belonging and emotional safety among visitors. Many attendees have shared testimonials about improvements in emotional and mental well-being. Others emphasize the sense of community fostered through group activities, reporting that it has significantly reduced feelings of loneliness and isolation.

Young Revival & Revival Lates

“ Provides one of very few spaces dedicated to young people my age, free of charge and without pressure to stay out late and drink alcohol.”

“It's friendly and welcoming and provides me with a space for social interactions outside of home and I can learn new skills”

“It's a very safe welcoming space”
“They provide help when needed etc.... plus its free and there's free hot chocolate, so everyone can come :)"

“Post Secondary education it's quite difficult to find like-minded peers in the local area. Revival provide a brilliant and friendly support system for young adults now we have aged- out of typical amateur clubs and groups.”

Peer support groups & initiatives

“I feel welcomed and heard”

“I have somewhere that I can be honest about my mental health state”

“It is good to share experiences. I was in need of support and my GP offered me this service.”

“Revival has helped me manage my anxiety in ways I never thought possible.”

“I am dealing with a number of personal medical conditions and other concerns. It is really beneficial to be able to meet and discuss with others.”

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Peer support & initiatives (con't)

“I am dealing with a number of personal medical conditions and other concerns. It is really beneficial to be able to meet and discuss with others.”

“It gives me purpose to get out & meet some lovely friends. And really helps me with my health and my mental health.”

“I have felt better than I did before the group, as I have made plenty of friends.”

“It has literally saved my life, I don't think I would be here now”

“Being seen and seeing others.”

The Mental Health Bank

“My physical health affects so many parts of my life and definitely increased my anxiety. I kept looking back, how I used to be instead of dealing with where I was now. It's been life changing. I feel more open, like I'm coming back to life”

“I felt cleared and relaxed”

“It has helped me appreciate what I have. I am so grateful I left with tangible steps and feel optimistic.”

“I felt a huge release”

Revival's reach is bolstered by partnerships with local mental health professionals, therapists and practitioners who offer free services, such as Compassion therapy, transformational life coaching, anxiety coaching, hypnotherapy, therapeutic art, reflexology, and nutritional therapy.

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Outcomes and benefits

Through the lens of Revival's social impact, five core outcomes emerge:

Enhanced Social Connection – Group sessions and communal activities facilitate social bonds, reducing isolation and fostering a sense of belonging.

Improved Mental Health and Resilience – Participants report lower stress and improved coping skills, supported by activities like anxiety coaching and therapeutic art.

Access to Holistic Therapies – The Mental Health Bank enables access to therapeutic services that many would otherwise find financially inaccessible.



Reduction in Food Insecurity – Revival's café and pay-it-forward scheme support both mental well-being and physical nourishment, providing meals to those in need.



Environmental and Economic Sustainability – By partnering with local farms and food networks, Revival reduces food waste and fosters a sustainable, community-centered approach to wellness.

Looking ahead

Revival's future goals include securing grants and community fundraising that will allow for the expansion of our outreach efforts to more vulnerable populations, developing additional workshops, and building stronger alliances with local health organisations. Revival remains committed to its mission of making mental health support available to everyone in Whitstable, and the Canterbury District, creating a more resilient, inclusive community through food, mood, and holistic health.

Conclusion

The first year of Revival Food and Mood underscores the importance of accessible, community-driven mental health resources. With significant achievements in reach, engagement, and holistic support, Revival stands as a model of innovative social enterprise, enhancing both individual lives and community wellness in Kent.