Resilience
Recovery
Revival

IMPACT REPORT 2025

An initiative set up by Mind in Bexley and East Kent in 2016 as a self-funding, locally led social enterprise

Conversation
Connection
Community

Improving community mental wellbeing through connection, peer-support, activity, information & sign-posting

Revival exists to support people in Whitstable and surrounding coastal communities facing loneliness, poor mental health and financial hardship. Behind the town's familiar seaside image many people are grieving alone, carers are struggling with little support, and people face daily challenges with many unable to access or afford the help they need. Through our welcoming café, free wellbeing activities and peer support, we help people find connection, practical support and a place to belong.

Our aim is simple: to ensure that nobody has to face life's challenges alone.

Peer support. Real connection.

Peer support is a recovery-oriented approach grounded in shared lived experience and mutual understanding. At Revival, participant feedback complements wellbeing monitoring to assess experiences of connection, confidence and support within our community.

2121

Supported Attendances

Attendance source: 2025 programme records, including 206 Mental Health Bank appointments; other appointments and enquiries excluded.

Groups and activities include:

Women's Wellness	288
MenTalk	253
Wellbeing Walk	298
Make, Mend & Motivate	415
Choir	661
Mental Health Bank	206

> "I always come away feeling happy and always look forward to attending."
>
> Choir participant · Current group member feedback

Resilience
Recovery
Revival

IMPACT REPORT 2025

Conversation
Connection
Community

+87.2%

Average relative increase in reported wellbeing scores across six services.

Short Warwick–Edinburgh Mental Wellbeing Scale (SWEMWBS)

Relative change in wellbeing scores from Month 1 to Month 3 of attendance, not the percentage of people improving.

Regular groups create space to talk, listen and share challenges, successes and for participants to feel a sense of belonging and acceptance. Alongside these groups, the Mental Health Bank offers gifted practitioner sessions to support community mental health.

Reported wellbeing score changes and areas of improvement (SWEMWBS)

Women's Wellness
Feeling more relaxed; dealing with problems — +78.57%

MenTalk
Thinking clearly; feeling close to others — +67%

Choir
Feeling relaxed; feeling optimistic — +81.23%

Make, Mend & Motivate
Feeling useful; feeling relaxed — +46.59% *

Wellbeing Walk
Feeling optimistic, useful and relaxed — +80.52%

Mental Health Bank
Feeling optimistic, relaxed and close to others — +169.38%

All bars share a 0–180% scale.

* Many Make, Mend & Motivate attendees had been involved across the year, sometimes with long gaps between visits. The +46.59% improvement reflects high month 1 base levels which may reflect improvement from attendance across the previous year. More precise data collection is needed to incorporate gaps in attendance

Revival monitoring and reporting uses logic-model approaches, SWEMWBS, surveys/questionnaires, online feedback, case studies, attendance records, group feedback/reporting sessions and suggestion boxes.

What group members tell us

> "I've felt very lonely since my husband died, the walks gave me a reason to go out, and I've made friends, its made me feel more hopeful"
>
> Wellbeing Walk participant · Group feedback 2025

74 / 77 Positive or very positive experience

76 / 77 Felt welcomed, safe and supported

Current group feedback · 77 responses across two reporting periods July- December 2025

Resilience
Recovery
Revival

IMPACT REPORT 2025

Conversation
Connection
Community

> "I now understand myself better and I believe I deserve support to help me find the things to make my life better"

Case study: When support feels out of reach

Hidden hardship in Whitstable can mean being unable to afford help while struggling to get through everyday life. For one man supported by Revival in 2025, anxiety, persistent low mood and isolation had made ordinary tasks exhausting. He had withdrawn from friends, found leaving home difficult and could not afford private therapy. He felt his difficulties were not serious enough for crisis services, yet knew he was getting worse.

A mental health worker from a local medical practice accompanied him to the café. Informal conversations with Revival's project lead helped him explain his needs and feel heard before starting free integrative therapy through the Mental Health Bank. Over four months, he learned grounding techniques, explored unhelpful thoughts and began using a mood diary. Removing the cost barrier made this support possible. He also joined MenTalk, where meeting people who understood him gave him something to look forward to. He reported leaving home more regularly, attending a café social event and feeling less alone. He described renewed hope and practical tools to use when anxiety rose. Recovery was still ongoing, but he felt part of his community again and hoped eventually to volunteer.

Anonymised participant account recorded in July 2025. Outcomes reflect the participant's own experience.

New developments and next steps

Mindful Mondays

Developed as a gentle start to the week, this creative wellbeing drop-in offers conversation, shared time and art or craft activities at participants' own pace. It responds to feedback from people who have had challenging weekends and need time to decompress.

Right to Grow community garden

Plans for a shared growing space at Salt Marsh Lane took shape through local invitations and a December planning meeting. A distinct project connecting community, growing and wellbeing. Supported by Canterbury City Council's RISE programme.

Continuing: Young Revival & Revival Lates

Youth Café and young-adult sessions make space for games, films, sewing and shared interests. "It's so nice having a regular meetup and seeing everyone weekly." Revival Lates feedback · May 2025

The Youth cafe is a project due for review and will be a priority in 2026.

Resilience
Recovery
Revival

IMPACT REPORT 2025

Conversation
Connection
Community

The café: a welcoming way in

> I feel completely at ease here.
>
> Café visitor · July 2025

What we're listening to

Value, dietary choice and a consistent welcome.

What café feedback values

Food, music, the vintage setting and the pay-it-forward scheme.

> I feel welcome, supported and uplifted in this unique place in our community.
>
> Public Facebook comment September 2025

On Whitstable's high street, Revival makes support part of everyday life. People can come for food, vinyl and company, without an appointment or having to explain their difficulties. A familiar face and an unhurried conversation can build trust and open the way to further support. Research highlights the value of community cafés in creating connection and belonging. Keeping Revival sustainable protects this welcoming way in—and the everyday support already happening here. Café income, grants and donations together sustain the space, trained staff and free community provision.

Learning and moving forward:

2025 has reinforced the importance of trust, continuity and meeting people where they are. A familiar face and time to listen can help someone take their first step towards support. In 2026, we will build on this by strengthening the café's sustainability, developing youth provision and bringing Right to Grow to life, with our community's experiences helping shape what comes next.

Thank you to St. James's Place Charitable Foundation, with Cole Financial; Co-op; Memoria Faversham & Mid Kent; Whitstable Thursday Darts League; Chestfield Rotary; Kent Community Foundation; Canterbury City Council; Whitstable Charity Gala; and Whitstable Oyster Singers. Alongside our Revival Proud Members (RPMs), community fundraisers, volunteers and donors, your support sustains our work free wellbeing provision and growing community projects.

As rising costs place greater pressure on both Revival and the people we support, we are working to build a sustainable future by diversifying our income through café trade, memberships, grants and fundraising. We need our community behind us more than ever: every café visit, membership, donation and fundraiser helps keep our doors open and support within reach.

Resilience
Recovery
Revival

IMPACT REPORT 2025

Conversation
Connection
Community

Partnership Impact report:

FareShare
fighting hunger, tackling food waste
Kent

CFM Impact Report 2025

Your total impact

At Revival Food & Mood, you redistributed **769** kilos of food and drink **in 2025**. This is the equivalent of **1830** meals for people facing hardship.







Your environmental impact

769 kilos = 1.5 tonnes + 2 million litres

Food and drink redistributed

Embedded CO_2e from going to waste*

Embedded water saved from going to waste

*The CO2 and water factors used are based on an average of all surplus food types received into FareShare UK warehouses. Your own specific embedded carbon and water calculation could be significantly higher or lower than this average figure, depending on the type of surplus product you redistribute through FareShare. We would encourage you to seek professional advice to calculate your bespoke embedded emissions.

Thank you for helping us save food and change lives