

# Activities and Impact

## October 2021 - December 2021

### Health & Wellbeing



2293 Self-Care sessions  
delivered



725 referrals



*I have depression, anxiety and many physical health conditions, the sessions helped me a lot... I'm feeling much better [having found] someone who listened without being judgemental.*

**Client supported by the Community Living Well self-care project**



[Case Studies](#)

### Community Development



10 Grenfell Network Group  
Bulletins



20 meetings held with  
organisations and  
community individuals



32 Statutory meetings  
attended

[Case Studies](#)

## Organisational Development



31 Bid writing support sessions



7 Training sessions



*Hi, that was a really good example of why we need KCSC! A really helpful reminder, overview and update, plus detailed and accessible information on the tricky subject of GDPR. Thank you very much for organising it.*

**Attendee feedback from GDPR Training**



[Case Studies](#)

## Representation & Voice



8 KCSC networks/forums



15 KCSC E-Bulletins



*I particularly like the format and relaxed atmosphere of the forum.* **Older People's Provider Network Event attendee**



If you are a local voluntary organisation and you want to share details of your own events or activities on our Noticeboard you can [create an account here](#) or contact [info@kcsc.org.uk](mailto:info@kcsc.org.uk)