



**THE WILD HUB CIC:**

# **2025 ANNUAL IMPACT REPORT**

**BUILDING PURPOSE, BELONGING, AND BIODIVERSITY IN OUR COMMUNITY**

Date :

**JAN 2025 - DEC 2025**

Prepared by :

**THE WILD HUB TEAM**



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# Executive Summary

Over the past year, the Wild Hub has continued to deliver a range of nature-based and wellbeing-focused programmes designed to support individuals in vulnerable circumstances through impactful projects and sustainable initiatives that offer participants opportunities to engage in creative, therapeutic, and community-based activities.

Across these programmes, multiple sessions were delivered, encouraging ongoing engagement, with many individuals returning regularly. New approaches, including the introduction of evening retreats, were well received and contributed to increased accessibility and participation.





# Overview of The Hub



## About The Organisation

At The Wild Hub, we believe everyone deserves to be connected, supported, and inspired, no matter their background or circumstances. We are a person-centred Community Interest Company (CIC) on a mission to support mental, emotional, and physical well-being, tackle loneliness, and create opportunities for personal growth.

We operate on a not-for-profit basis, with all surpluses reinvested to deliver public benefit.

We are here to bridge the gaps between existing wellbeing services, educating and enabling people to work through their challenges or trauma in an empowering, holistic way.

## Our Vision

Our vision is to promote a community where people interact with each other, deeply understand their own well-being, live healthy and a balanced life while reconnecting with nature.

We want to see our community truly thrive, aiming to reduce the number of people experiencing isolation and burnout and to provide a sense of belonging for those who currently have nowhere else to turn.



# A Year of Growth and Gratitude:(Annual Highlight 2025)

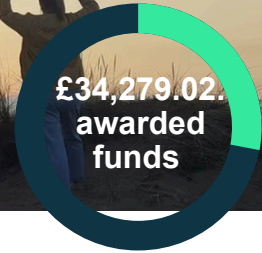
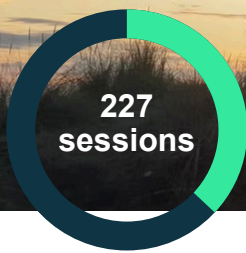
As we reflect on 2025, we are proud of the progress we have made in bringing our mission to life through meaningful, impactful work. We extend our sincere thanks to our primary supporters, whose continued support has played an important role in making this possible.

**National Community Lottery  
Freebridge Community  
Norfolk County Council  
Youth Advisory Board  
Norfolk Foundation  
Grantscape  
Family Hub**

In total, we were awarded £34,279.02 in 2025. While some funding was secured at the end of 2024, the core delivery and impact of these funds took place throughout 2025, allowing us to sustain and expand our vital community work.



# Project Highlights: Our Impact in Action



Our projects were designed to help connect people and tackle isolation. We achieved this through our sessions; offering a holistic range of therapeutic groups where people could find what worked for them and feel safe to release the pressure of daily life or trauma.

## Branching Out

**The Goal:** Enhance wellbeing and social inclusion for vulnerable families through nature connection and eco-therapeutic activities. Delivered **27 sessions** across West Norfolk, reaching **67 participants**.

**Activities:** Garden design, planning and development, mindfulness, nature art, foraging, and making produce from seasonal plants.

## HOL (YAB)

**The Goal:** To teach young people about mindfulness and movement, giving them coping strategies for stress or anxiety while learning new skills. Delivered **48 sessions** across West Norfolk, reaching **150 participants**.

**Activities:** Crochet, watercolour painting, yoga, mindfulness art, willow weaving, bushcraft, and campfire cooking.

## Love Fund

**The Goal:** Offer therapeutic group sessions to children and adults, building a toolkit to manage life and reset the nervous system. Delivered **42 sessions** within King's Lynn, reaching **75 participants**.

**Activities:** Group coaching, boundaries, self-discovery, stress awareness, sound baths, and mindfulness.



## Discover Wellbeing

**The Goal:** Accessible wellness activities where participants (adults and children) learn about themselves and find a moment of calm.

delivered 32 sessions in King's Lynn, reaching 70 people.

**Activities:** Women, and ADHD Group, AEACraft sessions, children's movement, creative workshops, and art meditations.

## Family Hub

**The Goal:** To create a space for children to relax and unwind, bringing movement and mindfulness into their lives. Delivered **30 sessions** across West Norfolk, reaching **26 children**.

**Activities:** Kids Yoga & Mindfulness.



## Exam Stress (YAB)

**The Goal:** Supporting Year 11 students (with options for Year 10) to build confidence and resilience leading up to exams. Delivered **18 sessions** across King's Lynn, reaching **38 young participants**.

**Activities:** A 5-week programme exploring the body's nervous system, what stress feels like, and management strategies.

## Awards 4 All

**The Goal:** Accessible wellness activities where participants (adults and children) learn about themselves and find a moment of calm.

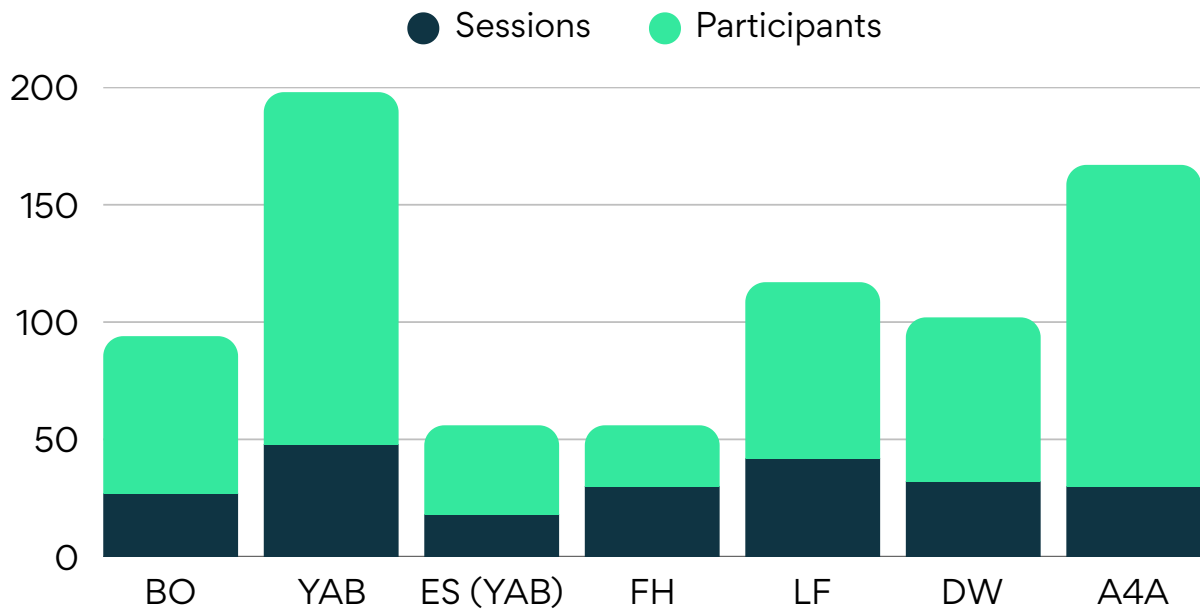
Delivered 32 sessions in King's Lynn, reaching 70 people.

**Activities:** Women, and ADHD Group, AEA Craft sessions, children's movement, coaching, and art meditations.





# Impact Overview



In total we delivered 227 sessions, and reached 563 participants through funded projects.



# Sustainability & Community Spirit



To ensure our future, we also ran sessions and retreats that were not funded:

**Barefoot Drummers:** this session is designed to encourage self-expression and connections, stress release, through rhythm and shared musical experience. 15 sessions were delivered throughout the year, engaging 38 monthly participants. The positive response from the community has led to increase interest more requests for related merchandise.



**Mind & Body Medicine:** the session focuses on integrating mental and physical well-being, helping participants better understand the connection between the mind, body, and overall health. The sessions provide a calm and supportive environment to improve emotional balance and physical awareness. Launched late in the year, we ran 7 sessions for 16 attendees.



**Wild Connections:** this session is our umbrella programme, offering participants the opportunity to step away from daily routines and reconnect with themselves, others, and nature. We successfully shifted to evening retreats, which were very well received, reaching 13 attendees across 2 sessions.



**Mindful art Circle:** This session offers a creative and reflective space where participants can express themselves through art in a calm, supportive environment, encouraging mindfulness, relaxation, and emotional well-being, allowing individuals to connect with themselves and others through creativity. We delivered, engaging 4 participants.



Total 2025 Impact: We ran 252 sessions and welcomed 384 unique individuals into our community.

# VOICES OF THE HUB: TESTIMONIALS

The feedback we receive consistently highlights that we create a safe space where people finally feel like they belong.

## **A Mother's Gratitude**

"It was incredibly special to see one of my children leave the house for the first time in a long while. Both are neurodivergent and find new environments challenging, but the trust built here is remarkable. They began preparing for the group each week without me even having to remind them".

## **Understanding Stress Together:**

"I attended the workshop with my 7-year-old son. He has special educational needs and often finds these settings difficult to access. Viki's welcoming and warm nature made a significant difference; he actually looked forward to attending each week".

## **Self-Discovery & Growth:**

"I attended; Awaken Your Wild, and loved everything about it. I learned so much about myself—it has opened up my thoughts as to how I want to be and what I want to do going forward".

## **Community Member**

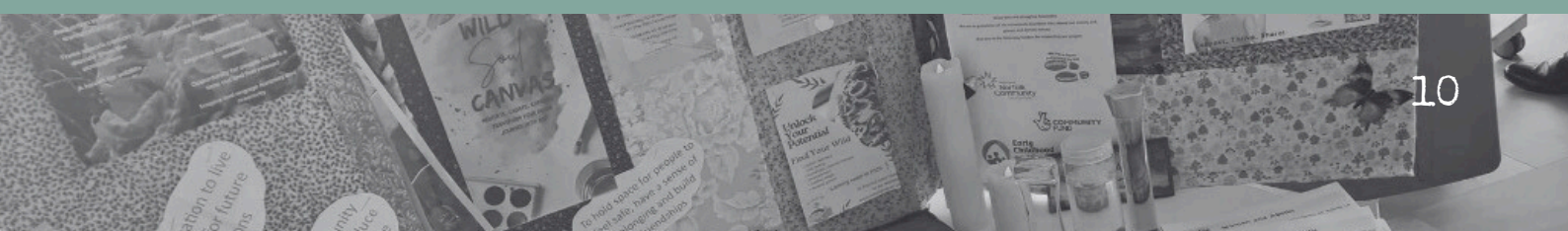
"I have struggled in the past with anxiety and panic attacks, so going anywhere was a huge task. At The Wild Hub, there is no judgment—just kindness. I managed to release so much stagnant energy and left feeling lighter (who has since gained the confidence to start her own business)".

## **Local Grandmother**

"I was initially anxious because of my grandchildren's additional needs. The Wild Hub team offered a calm approach... if a child needed to fidget or move, it was accepted. It gave me respite from my worries".

## **Unmasked**

"A lady who recently attended the Women and ADHD group walked in and signed with instant relief as she sat down and shared she felt her 'mask come off' that the stress she carries every day simply began to fade because she knew she could be herself".





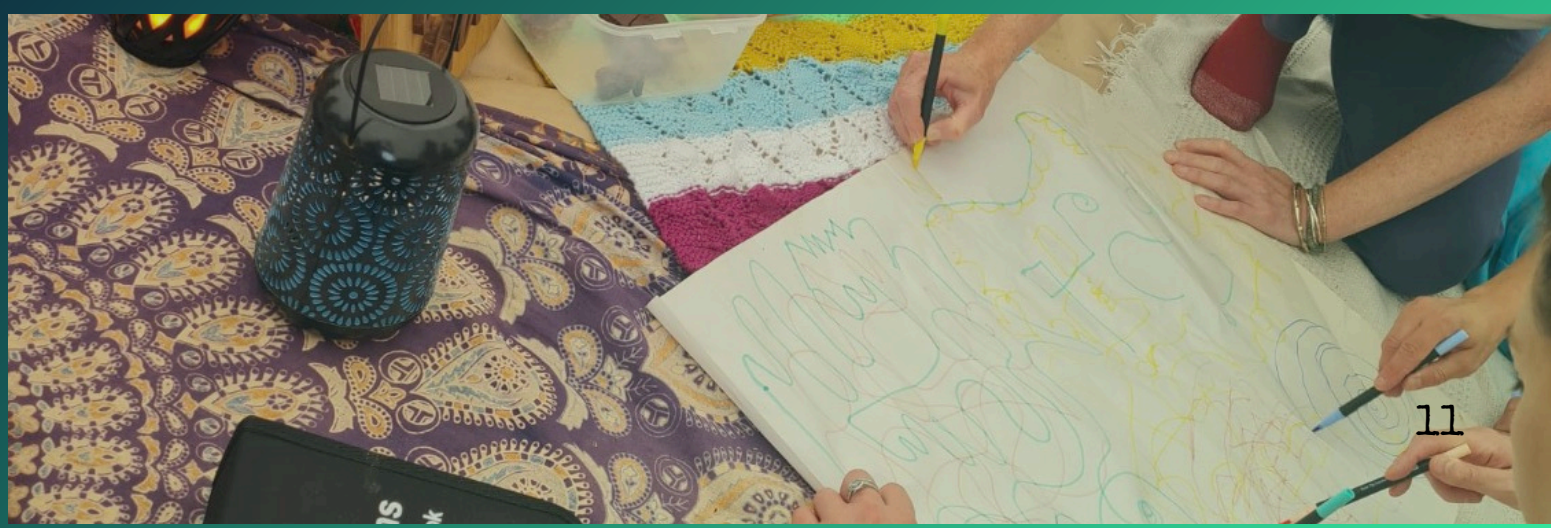
# Our Team: At The Heart of the Hub



In 2025, the Hub expanded to include 8 paid staff members and 14 dedicated volunteers. Our volunteers contributed over 443 hours, which is why the organisation's ability to make a meaningful impact in the community is outstanding.

We represent an organisation that prides itself on fostering an inclusive environment, supporting and nurturing our staff with opportunities for growth and leadership, and encouraging meaningful contributions. In that regard, we also ensured we supported our neurodivergent staff. One autistic volunteer was supported to join a partner organisation, where they now contribute regularly; an important milestone in their personal growth.

Additionally, another attendee with ADHD and autism began as a volunteer within the Hub, through their dedication and passion for our community, progressed into a paid role, and now serves as a Director



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# Looking ahead to 2026



In 2026, we are doubling down on:

- **Neurodivergency Support:** Launching a dedicated Support Service for Neurodivergent Children.
- **1:1 Holistic Wellbeing:** Launching personalised support with our practitioners.
- **Sustainability:** Focusing on our retreats and 1:1 work to ensure a steady income, allowing us to choose new funded projects based on what our community needs most.

Here is to a purposeful and inclusive 2026!

The Wild Hub



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# THANK YOU

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