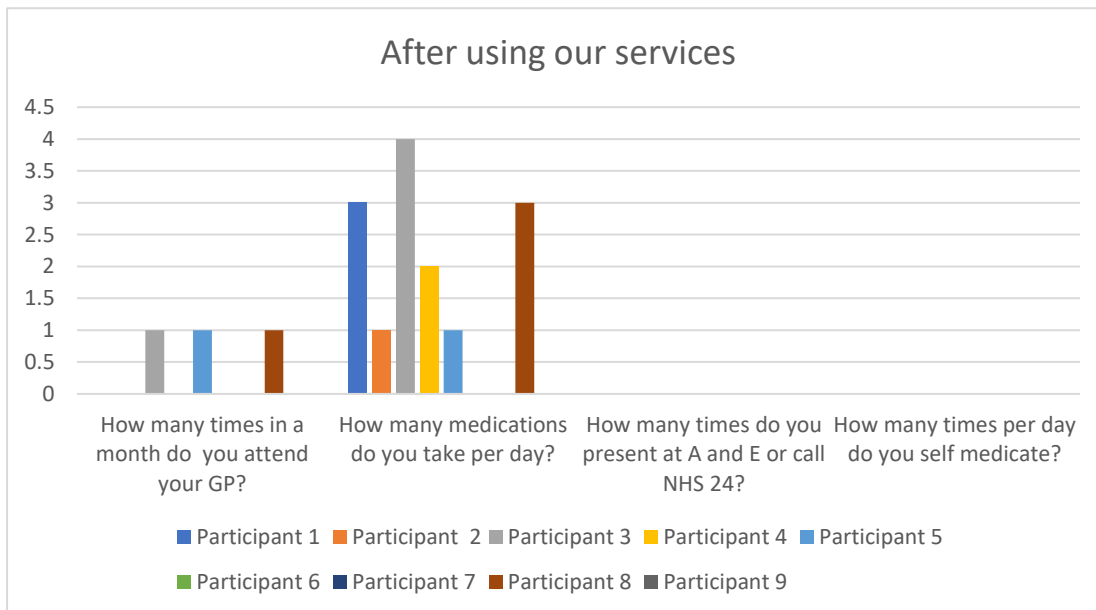
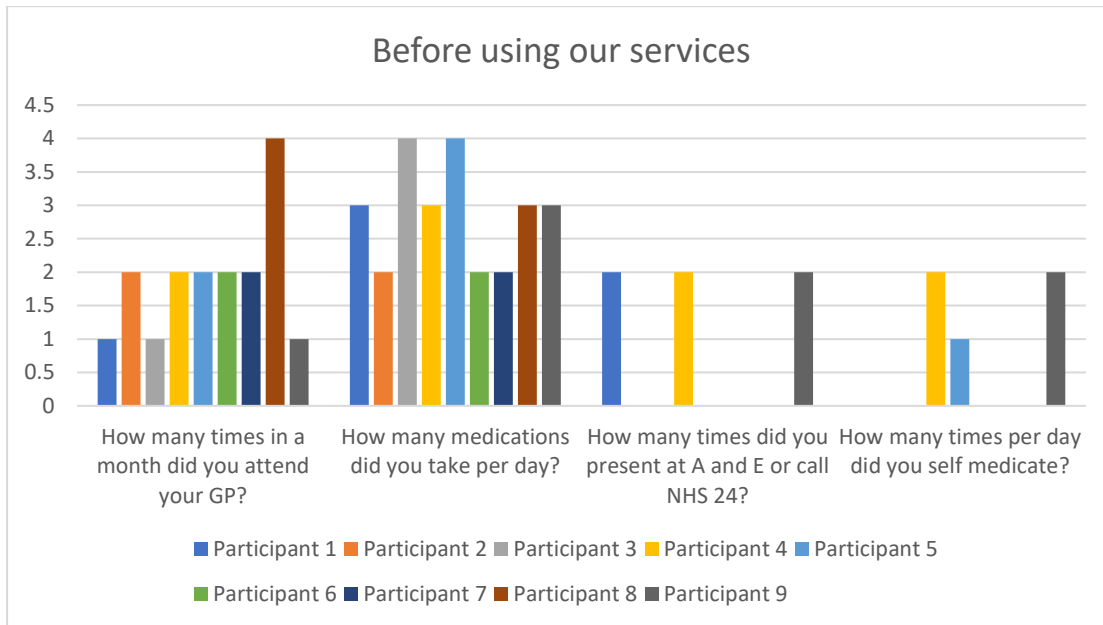




IMPACT REPORT FROM VOLUNTEER DEVELOPMENT PROGRAMME



Participant	Medications used before using our services	Medications used after using our services
1	Quetiapine 75mg, Venlafaxine 225mg, Propanol 80mg	Quetiapine 75mg, Venlafaxine 150mg, Propranolol 80mg
2	Citalopram 20mg, Diazepam 2mg	Citalopram 10mg
3	Ramipril, Metformin, Aspirin, Avro stan	Ramipril, Metformin, Aspirin, Avro stan
4	Solpadol 500mg, Citalopram 40mg, Propanol 20mg	Paracetamol, citalopram
5	Gabapentin 500mg, Morphine patches 75mg, Sevredol 50mg, Azathioprine	Azathioprine
6	Citalopram, beta blockers	None
7	Anti-Depressants, Sleeping tablets	None
8	Humira, Azathioprine, Carbazole	Humira, azathioprine, Carbazole
9	Citalopram, betta blockers and propranolol	None

Before using our services	Social Worker	Counsellor	Psychologist	Psychiatrist	Occupational Therapist
1	0	0	0	1	1
2	0	1	0	0	0
3	0	0	0	0	0
4	0	0	1	0	0
5	0	1	1	0	0
6	0	1	1	0	0
7	0	1	0	0	2
8	0	0	0	0	0
9	0	0	2	0	0
After using our services	Social Worker	Counsellor	Psychologist	Psychiatrist	Occupational Therapist
1	0	0	1	0	0
2	0	0	0	0	0
3	0	0	0	0	0
4	0	0	0	0	0
5	0	0	0	0	0
6	0	0	0	0	0
7	0	0	0	0	0
8	0	0	0	0	0
9	0	0	2	0	0

Participant	External Services Before using our services	External Services After using our services
1	SAMH Peer Support	Fool On
2	SAMH Peer Support, Telephone Counselling	None
3	None	None
4	Stress and anxiety workshop, Free Gym, Other Support	None
5	Stress and anxiety workshop, Free Gym, Other Support	None
6	Health Visitors, Circle, Action for Lone Parents	None
7	Action for Lone Parents, Routes to work	None
8	None	None
9	SAMH, Stress and Anxiety Control Classes, Telephone Counsellors, Local Charities	None

General comments from participants around their overall wellbeing:-

Participant	Before using our services	After using our services
1	I was very socially isolated, Lonely and low self Confidence	I have increased confidence and I am able to socialise.
2	I was depressed and anxious.	Since having access to the hub services my anxiety levels have greatly reduced so my family life is better as a result. I believe my anxiety and depression would return without the hub.
3	Severe stress and anxiety.	I feel so much better in myself and I am not as tired. I feel I have a reason to get up in the morning. I love meeting new people and I have more opportunities to learn new skills.
4	Stressed, Anxiety, couldn't speak to anyone was very isolated.	I have increased confidence and I am able to volunteer a couple of hours per week. My anxiety has reduced, and I feel this role has been life changing.
5	I was very depressed and suffered from chronic fatigue, anxiety and panic attacks.	I have more energy and drive to do things. My family life has improved, and I am so much happier in myself.
6	My life was a downhill spiral using anti-depressants and beta blockers	I am a better mum. I am a better human being and I have more confidence in myself, my health has gone strength to strength
7	I was in a bad way, totally isolated.	I am in a better place now and enjoy working with people who know what its like to be in my situation. My confidence has improved, I am happier and its affected my life at home for the better. I am glad I met Leanne at the hub and she convinced me to volunteer. It's been life changing.
8	I was very withdrawn due to my illness and depressed as I suffer from Crohn's disease and I always feel tired.	I feel so much better in myself and I am not as tired. I feel I have a reason to get up in the morning.
9	I frequently attended support groups, doctors and had 4 counsellors at one point through varied charities and NHS	I have moved forward in my life and I no longer have any support groups or counsellors.