

## We are a community benefit society and cooperative working to develop healthy, happy communities living active and connected lives.

By working collaboratively with communities we aim to bring about sustainable change on a social, environmental and economic level. We aim to create stronger and more resilient communities, by supporting them to identify, mitigate and remove barriers so they are able to live active and connected lives. Below we have spotlighted our co-designed interventions and their impact, drawing on data and insights for 2022-2023.



### Share Shack



We work with communities to provide an opportunity to come together and share in a safe environment. Our Sharing Economy work focuses on eliminating waste, promoting a continual use of resources and advocating a circular economy model.

**4,073**  
TOTAL LOANS

**500+kg**   
of waste saved from going to landfill

Our national free bikes programmes - Big Birmingham Bikes, Essex Pedal Power and Let's Ride Southall - focus on removing barriers to cycling and creating behaviour change. The programmes centre community cohesion and systems change in the health, employability, transport and environmental sectors.

**9,500+**  
free bikes have been distributed nationally

Use of free bikes once a week for 20 years can add  
**11 months**  
to life expectancy



The Big Feed project brings people together over food, by providing a safe, welcoming space at our community cafés. By having these cafés in areas of need, we are able to combine the fight against food waste, food poverty and social isolation. The Food Justice Network (FJN) works with those in most need, and campaigns to end food poverty, inequality and injustice.

**16,653**

Total number of attendances at the community cafes

**1,803**  
Meals served during 2022-2023

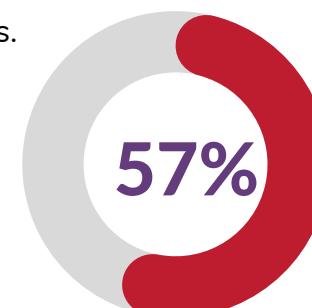


We work to remove key barriers for communities to reclaim their streets and turn them into communal spaces.

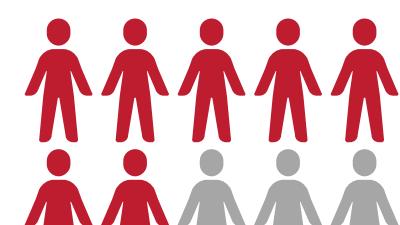
We use the wellbeing walk model to support people to get active, socialise, and access help.

We work to remove key barriers to accessing and joining activities through online classes and support sessions, webinars and more.

We use an individual, holistic, approach to tackling health inequalities and removing barriers for people.



More than 50% of participants in our running walking and virtual wellbeing sessions were from BAME communities.



**7 of 10**

Participants were from communities classed as Quintiles 1 & 2.  
(Areas of low income and high deprivation)

# Share Shack

Our Sharing Economy work focuses on eliminating waste, promoting a continual use of resources and advocating a circular economy model. At our Share Shacks, items are loaned out for free, skills are shared through sessions led by community members, and there is an opportunity to participate in social and physical activities in safe and welcoming spaces.

# 10,432

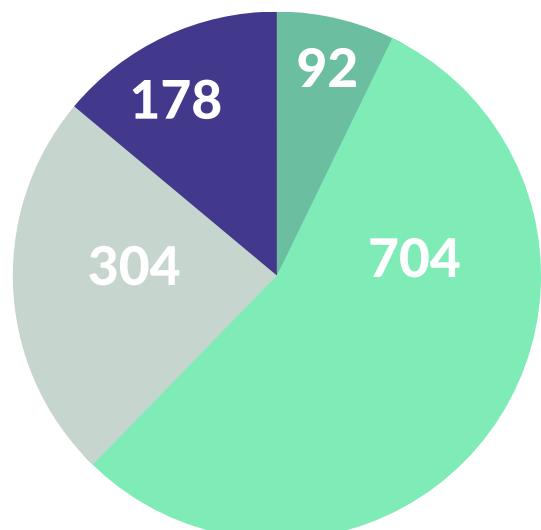
Total number of attendances at the Share Shacks



**68%**  
were from BAME communities



**4,073**  
TOTAL LOANS



## The impact of Share Shacks between 2022-2023

- Share Shack events
- Share Shack sessions
- Warm Welcome attendances
- Items loaned

Note: The figures do not include Mobile Share Shacks or pop-up Share Shacks.



**168**

The mobile Share Shacks went to 168 community events, taking the project out to different areas within Birmingham.

**Sharing can help bring people together, build skills, reduce waste, and protect the environment, supporting a more sustainable way of living.**

**Share Shacks help tackle barriers around cost, space, storage, and knowledge.**

### Saving Money

Repair and upcycle sessions have saved the community nearly £9,500.



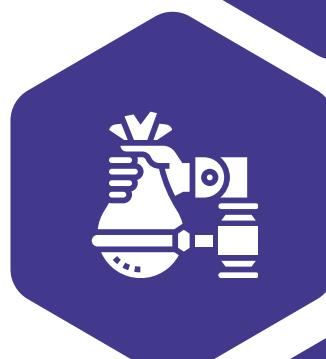
### Referral into activity

We have referred more than 1,000 participants into other TAWS activities.



### Recycling used materials

We have saved more than 500kg of waste from landfill.



### Loaned equipment

We loaned out more than 1,700 items between 2022-2023.



### Skills and Training

We have trained more than 700 people in our Share Shack sessions.



### Grown our Share Shack offer

We have expanded our offer to both pop-up and mobile share shacks alongside our community bases.



# Free Bikes Project

Cycling is a healthy, environmentally friendly way to travel and to keep active, with its benefits including; improving health, addressing congestion, economic, and environmental issues. We are also looking at cycling infrastructure, to increase access to cycling across the country, while providing free bikes to people who need them most, helping to close the inequality gap. We offer cycling training, maintenance courses, qualifications and employment opportunities.

# 11,977

Total number of attendances at cycling sessions and events between 2022-2023

# 9,500+

Free bikes distributed in the community nationally, since the project launched

**154 Tonnes**  
of carbon emissions reduced\*

**1,196**  
adults in Birmingham upskilled in bike maintenance.



**844,926**  
miles cycled on free bikes.



**39,494**  
children trained to ride a bike in Birmingham.



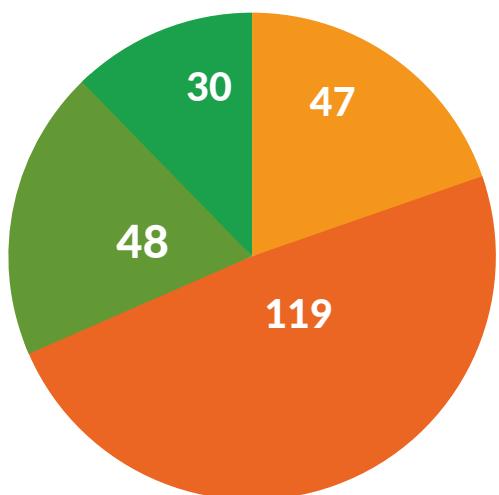
**10,490**  
hours in volunteering hours, which is estimated to be worth more than £114,341.

**£1,788,000**  
health benefit from reduction on mortality.\*

**12,225**  
adults trained to ride a bike in Birmingham.



\* Based on The World Health Organisation's (WHO) Health Economic Assessment Tool (HEAT) estimating the reduction in all-cause mortality



## Big Bike Project Training and employment

- Big Bike Project Ride leaders trained
- Bikeability Qualified Cycling instructors trained
- People helped into employment through bike scheme
- Community cycling groups formed (58% from BAME communities)

## Essex Pedal Power Training



## Reduced car usage

43% replaced 1 mile+ car journeys with cycling.  
(249 BBB survey respondents)



## Reduced inactivity

76% responded that cycling had improved their health conditions, 64% have lost weight and 33% are seeing the GP/nurse less often.

## Increased community trust

75%\* felt increased cycling confidence and 64% felt more connected to the community.

(\*404 BBB survey respondents)



## Increased life satisfaction

61% feel less lonely now than before cycling and 48% have made new friends through the project.

## Increased access

82% of our cyclists have discovered new places, and our free bike participants have made 294,000 trips together.

(\*expected by free bikes in 2023)

## Increased volunteering

Total hours given were the equivalent of more than 14 months of work.

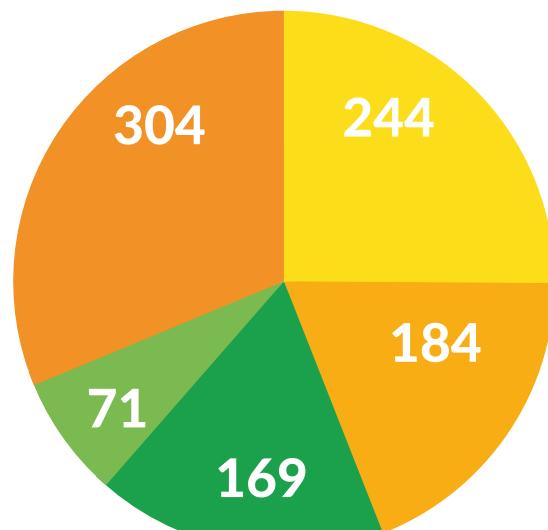


# Big Feed Project

Without enough food to eat, it is difficult for people to engage or play their part in their community as active citizens. Our Big Feed Project aims to tackle food poverty and social isolation with a view to supporting people's journey to improved wellbeing.

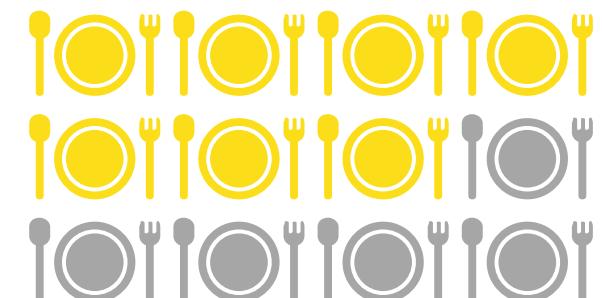
**996**  


Participants attended our Community Cafes between 2022-2023.  
 86% were from BAME communities.



Attendance by venue:

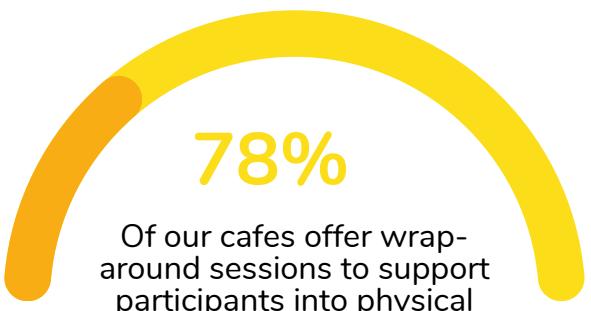
 All Saints Church Small Heath  
 Spearhead Trust, Druids Heath  
 Highgate Baptist Church  
 Ladywood Warm Welcome Hub



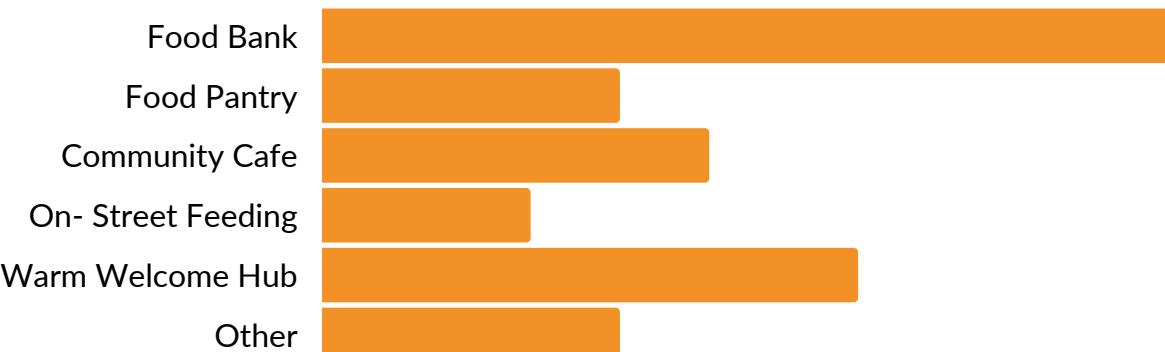
**1,803 meals served**  
 541 sit down meals and 534 takeaways.



**164**  
 Volunteering hours



**Types of Food Justice Network Projects**



The Food Justice Network was set up to coordinate Birmingham's emergency food response during the pandemic. Today it includes nearly 300 organisations, ranging from foodbanks, to cafes, to warm spaces. The network works to deliver vital support for some of the city's most vulnerable citizens while campaigning to end food insecurity, poverty and injustice.

**600,000+**  
 people suffered some kind of food insecurity in 2021-2022\*

\*Office for Health Improvement Data

**300+ Organisations**  
 are working with those in need to end food poverty, inequality and injustice.

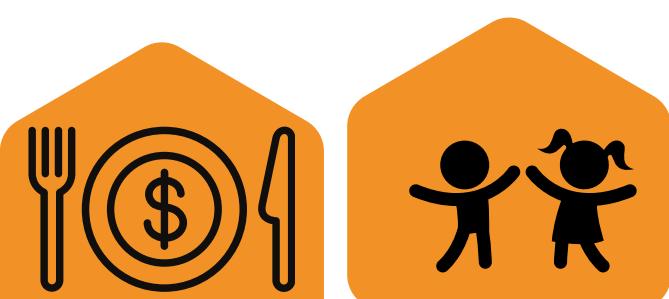
**7,000+ people**  
 visited a foodbank or other food project in one week.

\*Birmingham City-Wide Food Aid Count Findings

**80,000**  
 children in Birmingham do not have enough to eat.

**14,000 people**  
 were fed by just 131 of the FJN projects in one week.

\*Birmingham City-Wide Food Aid Count Findings



**food justice network.**



**250+ food banks**  
 and food provisions across the city, delivering vital support to some of the city's most vulnerable citizens.

# Community Delivery

## 1,591

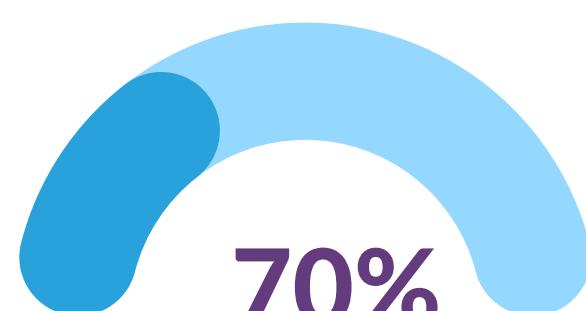
Total number of sessions delivered during 2023



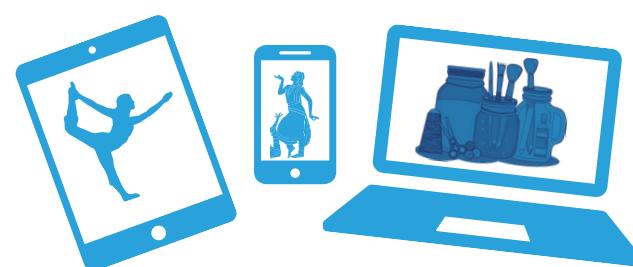
## 7,066

People attended an Active Streets community event.

We successfully delivered 350 HAF sessions, 50 for vulnerable children in emergency accommodation.



70%  
from Quintile 1 & 2  
37% from BAME communities



## 273

Total number of attendances to our virtual sessions since 2023.



Interventions



## 3,155

Attendances at our community walk and run sessions.

2,760 run sessions and 395 walk sessions.

**Air pollution does not impact people equally – the health impacts are a product of both susceptibility and exposure. The Clean Air Justice Network (CAJN), facilitated by The Active Wellbeing Society, brings together like-minded organisations, campaigners and people from a wide range of professions and backgrounds to advocate for equity in air quality as a social justice matter.**

### 28,000 – 36,000

premature deaths across the UK each year due to poor air quality.

\*Public Health England- November 2022



### 4.7x more pollution

in Birmingham than recommended by WHO guidelines.



**50+ organisations** are working with CAJN to reduce air inequality and injustice.



### Most at risk

Those most at risk are children, pregnant women, the elderly, and those with pre-existing health conditions.

\*RCP data- 2016

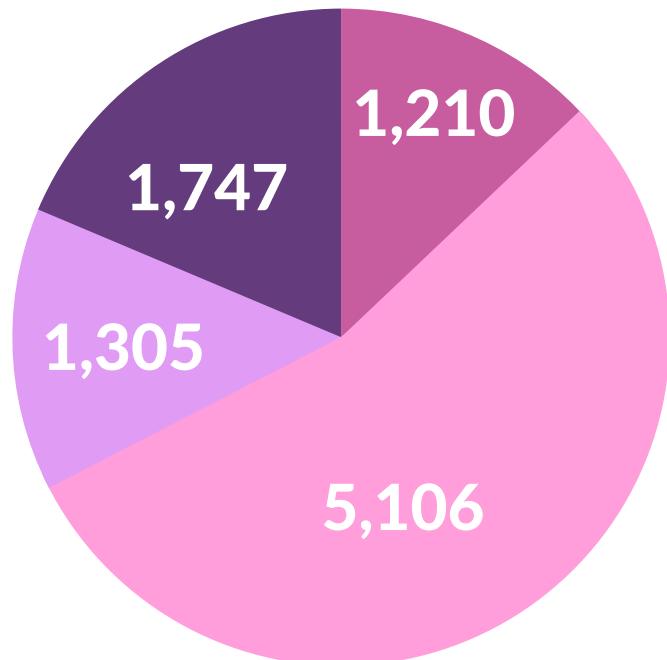
## Health implications

Emerging evidence also suggests links between air pollution and metabolic disorders, obesity, other cancers, and adverse birth outcomes.

\*RCP data- 2016

# Health Services

Our health services provide people with alternative ways of addressing their own emotional and mental health needs. We work holistically in places on an individual basis, supporting people so they can benefit from being more active and socially connected to their community. We aim to support system change, raising the needs of the community in health alliance partnerships.



## Health service participant referrals from February 2023

- Listen & Connect
- Social Prescribing
- Holistic Interventions
- Community Connect



**Patients referred into TAWS services in over 50 general practices**



### LISTEN & CONNECT

Our phone support service is an innovative and inclusive service that is dedicated to empowering individuals and their communities to improve their wellbeing, overcome barriers and lead happier, healthier more connected lives.



### PRIMARY CARE PEDALS

Our primary care-based cycle hub works with GPs and social prescribing link workers and offer a wrap-around support including training, skills one-to-one support and group interventions.

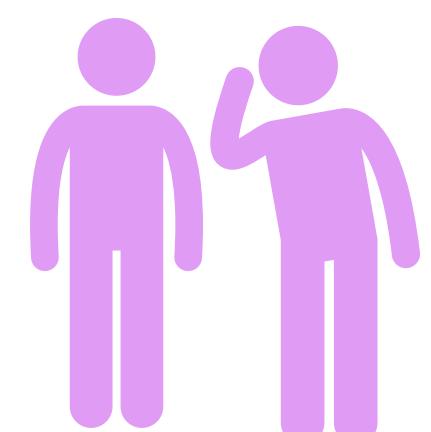
### SOCIAL PRESCRIBING

Providing alternative ways of addressing their own emotional and mental health with personalised care that starts in and around health centres. The referral programme enables people to benefit from being more active and socially connected.



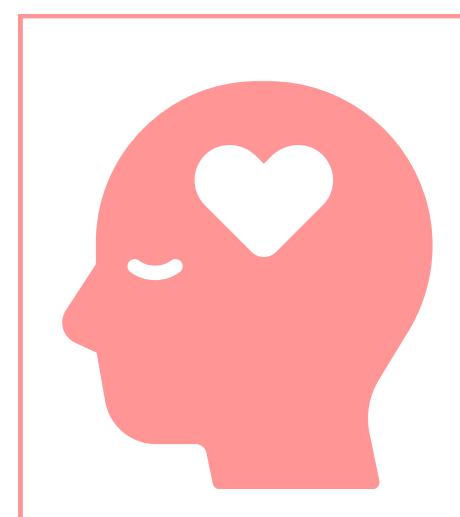
### HEALTH & WELLBEING

Our Health & Wellbeing Connect and Health & Harmony services offer telephone and face-to-face sessions aimed to connect patients with a wider network of support services, encouraging increased activity and lifestyle changes.



### HOLISTIC INTERVENTIONS

This service supports referral and signposting pathways into activity. Aligning closely with the personalised care agenda, it recognises each person's barriers and journey into being physically active are different.



### MENTAL HEALTH

**COMING SOON**  
Physical health checks for people living with a severe mental illness, using their relationship- and strengths-based practice to empower communities to overcome barriers to accessing healthcare, and feed learning back.