

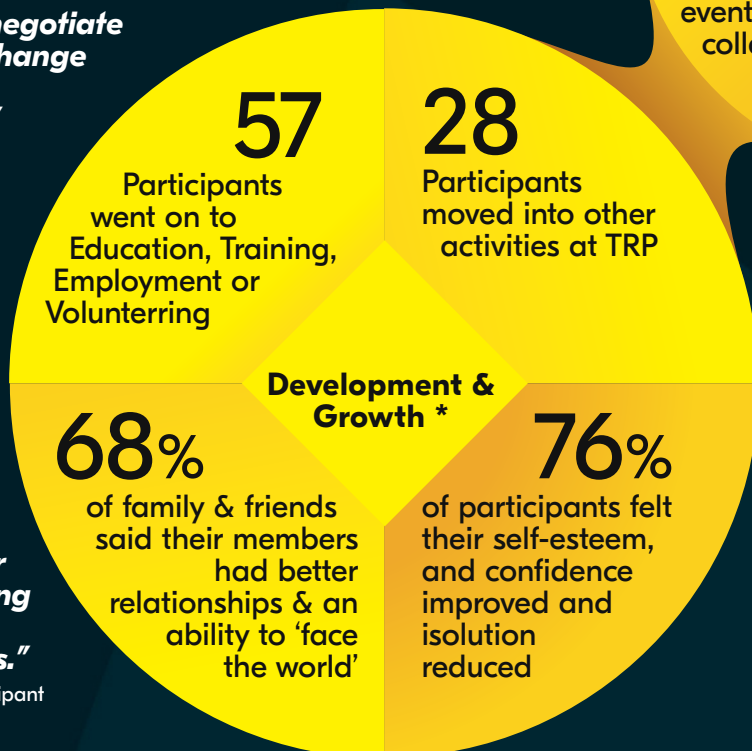
OUR SPACE 11 YEAR IMPACT

Our Space is a creative programme and social prescription that works with adults with multiple and complex needs who may have experienced challenges involving homelessness, mental health issues, substance misuse, re-offending or feel isolated for other reasons.



"My ability to negotiate and manage change has grown exponentially."

Our Space participant



"Words fall short when I try and explain how profound the impact can be on myself and others when we stand in our circle; expressing all kinds of in-depth emotions."

HMP Exeter Hub participant

"It reminded me of a part of myself that I'd not seen for a long time.... I've got a lot of stuff going for me that I'd completely forgotten about because I've been so depressed and fed up with myself."

Devon Mind Hub participant

* Percentages refer to recent collected data as part of a longitudinal study.