

Helping Hands

Community Project



Impact Report

March 2025

Transforming Lives in Leamington Spa

Our Mission

Helping Hands Community Project exists to empower people facing homelessness, poverty, trauma, addiction, and isolation. We offer more than immediate relief - we provide a pathway to hope, stability, and independence.

In 2024/25, our services supported hundreds of vulnerable individuals - helping them rebuild their lives with dignity, confidence, and a renewed sense of purpose.

Our impact in numbers



11,655 meals provided
450+ hours of frontline meal provision



3,400 volunteer hours supporting meal services
100+ active volunteers



186 counselling sessions delivered
1,100+ support group attendances



143 households supported into homes



More Than a Meal: A Pathway to Change

For many people, a hot meal is the first step out of crisis.

Our meal services provide:

- Immediate relief from hunger
- A safe, welcoming space
- A gateway into further support

But the need is growing. Rising living costs and increasingly complex challenges mean more people are turning to us for help - often at breaking point.

Just £6.86 could provide a hot meal and a safe space for someone in crisis.

Recovery That Lasts

We don't stop at immediate support - we help people rebuild their lives:

- 186 counselling sessions supporting mental health and trauma recovery
- New mentoring programme offering one-to-one guidance
- Champions Programme empowering clients into volunteering and leadership

This is where real transformation happens - when people move from surviving to thriving.

£25 could help fund a counselling session, supporting someone on their journey to recovery.



From Isolation to Belonging

Our support groups create a powerful sense of community for those facing trauma, addiction, and loneliness.

Across the year:

- 683 attendances at our men's group
- 463 attendances at our women's group

These are spaces where people feel seen, heard, and valued-often for the first time in years.

Your support helps turn isolation into connection, and connection into recovery.

Rebuilding Homes and Futures

Through our House2Home service, we helped 143 individuals and families turn empty spaces into homes.

A Community Making Change Possible

Our work is powered by:

- 100+ dedicated volunteers
- Local businesses and community groups
- Generous donors and funders

Together, we are creating a community where no one is left behind.

Stories of Change

“Helping Hands is my community, my happy place... thanks to the support I’ve received, I have my life back again.”

This is the impact behind every donation - helping someone move from crisis to confidence, from isolation to hope.

Why We Need Your Support Now

Demand for our services is increasing, while funding is becoming more competitive.

Without support:

- Fewer people will access vital meals and safe spaces
- Waiting times for counselling and support could grow
- Opportunities for recovery and independence may be lost

With your help:

- More people can access life-changing support
- We can grow our regular giving base to sustain services
- We can be there for people when they need it most



At Helping Hands, we don't just meet immediate needs - we walk alongside people as they rebuild their lives.
But we can't do it without you.

Donate today and help someone take their next step towards a brighter future.