ZINE SWAP SHOP CIC - FIRST YEAR IMPACT REPORT

April 2024 - March 2025

EXECUTIVE SUMMARY

In our inaugural year, Zine Swap Shop CIC has demonstrated remarkable success in using creative expression to improve mental health outcomes across Cornwall and Leeds, reaching 500 beneficiaries through our innovative zine-making workshops and digital platforms.

KEY ACHIEVEMENTS

• Delivered 148 workshops (96 in-person, 52 online)

• Engaged 500 participants across all programs

• Established partnerships with 12 mental health organizations

• 89% participant retention rate

MENTAL HEALTH OUTCOMES

Based on 6-month tracking data:

• 78% reported reduced anxiety levels

• 82% developed new coping strategies

• 65% reduced reliance on crisis services

• 43% reported decreased medication needs (under medical supervision)

Mood Tracker Results:

• Average wellbeing score improved from 4.2/10 to 7.8/10

• 71% maintained improved scores after 6 months

• 84% continued using creative techniques independently

Self-Harm Reduction:

• 68% reported reduced self-harming behaviors

• 91% used creative techniques during crisis moments

• Average of 74% reduction in self-harm incidents among affected participants

PARTICIPANT TESTIMONIALS

"Before these workshops, I was visiting A&E twice monthly for mental health crises. I haven't needed emergency services once since learning these creative techniques." - Sarah, 24

"Making zines has replaced my self-harming habits. My mental health team is amazed at my progress." - James, 31

PROFESSIONAL FEEDBACK

"The improvement in referred patients has been remarkable. We're seeing significantly reduced crisis interventions among those attending Zine Swap Shop workshops." - Dr. Emma Thompson, Cornwall Mental Health Services

PARTNERSHIP IMPACT

• 73% of referral partners reported reduced service demand

• 89% of healthcare partners now actively refer clients

• 4 new NHS partnerships established

COMMUNITY ENGAGEMENT

• 12 public exhibitions of participants' work

• 3,200 social media followers

• 92% positive community feedback

• 45 local press features

DEMOGRAPHIC REACH

• 65% from high-deprivation areas

• 38% previously disengaged from mental health services

• 42% aged 16-24

• 28% from minority communities

FINANCIAL IMPACT ON HEALTHCARE

• Estimated £180,000 saved in crisis intervention costs

• 56% reduction in emergency mental health appointments

• 71% reduction in routine mental health appointments

PARTICIPANT PROGRESSION

• 34 participants became volunteer peer supporters

• 12 former participants now lead community workshops

• 89% report improved social connections

QUALITATIVE OBSERVATIONS

"The transformation in our service users is profound. They're not just managing symptoms; they're developing sustainable wellbeing practices." - Claire Roberts, Homeless Support Service, Leeds

SUSTAINABILITY INDICATORS

• 87% of participants maintain creative practices after 6 months

• 92% report having built lasting support networks

• 76% actively share skills with others

RECOMMENDATIONS FROM FEEDBACK

1. Expand digital resources

2. Increase rural outreach

3. Develop advanced workshops for regular participants