



MonLife

Service Report 2019-20

www.monlife.co.uk/



Ar gyfer meddwl, corff ac enaid ein cymuned
For the mind, body and soul of our community





Mission

To promote healthier lives and inspirational experiences, and promote the vibrancy of Monmouthshire as a great place to be.

Vision

Enriching people's lives and creating vibrant places.

Aims

- Enrich people's lives through participation and activity
- Build strong communities in Monmouthshire
- Developing leadership skills for our future generations

Values

- Openness
- Fairness
- Flexibility
- Teamwork

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2019 - 2020



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10

Service areas make up MonLife



345

Staff employed



197

Volunteers support our cause



£3,647,000

How much we planned to spend (net)



£5,710,000

How much we planned to make



1564

Children and young people worked with **MonLife Learning** Dept.



863,000

visits to the **MonLife Active** 4 leisure centre's for physical activity



1926

Children in the **MonLife Active** learn to swim programme



53,396

Visitors welcomed to **MonLife Heritage** Museums



14,422

People used **MonLife Outdoor** Adventure Activities



2,2800,000

Visitors to Monmouthshire



238

Days of **MonLife connect** programmed Sports activities



70%

of young people attending the **MonLife Connect** Shift project said they saw an improvement in their mental health and wellbeing at the end of their engagement.



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Feedback

Feedback from Creative Lives, Active Lives course for people living with Dementia and their carers:

"Social interaction has been the best whilst allowing minds to think positively, makes those living with dementia feel human again."

"I'm feeling the benefit of being a volunteer – seeing the happiness of others – it has a knock-on effect"

Feedback for the Summer HUB's:

"My two children completely loved The Monmouthshire Games. The staff and volunteers have been so good with them and they can't wait to come every holiday. It is so important for children to be kept active in the holidays and this does exactly that, they have made some lovely friends here. Thank you!"

Feedback for the Monmouthshire Games Programme:

It's been so difficult having the children at home for so many months with no social interaction with friends/other children. The activity hub has been a lifeline in getting Jacob back out to play, exercise and socialise, and has given us parents some well over due respite!!

Thank you to all the lovely leisure centre staff who've successfully delivered the activity hub under very difficult circumstances."

Feedback from Sarah Brown Clinical Psychologist, Gwent Community Psychology, Child and Family Psychology and Therapies Service:

"It has been great to work in partnership with MonLife for the outdoor well-being project. It has been incredibly challenging at times, and ultimately one of the most rewarding therapeutic interventions for young people that I've ever been part of. I have been amazed at the positive changes in some of the young people's psychological well-being over a relatively short period of time. At the end, they talked about themselves in a completely different way, they had things that they were proud of that came to mind instantly, and those that attended the whole programme described their relationships as improved"

