

T&B IMPACT EVALUATION REPORT

1st of April 2024 to 31st of March 2025

Together, we empower communities, restore hope, and
build brighter futures



INITIATIVE

Charity Reg No: 1186141





INTRODUCTION

In the period 1st of April 2024 - 31st of March 2025, T&B Initiative has worked to reduce food insecurity, strengthen cultural belonging, and improve the wellbeing of vulnerable families across the Greenwich community. Through both practical support and meaningful community engagement, the initiative delivered essential resources while fostering positive social and emotional outcomes.

A community survey of 897 residents provided insight into local challenges. 87% of respondents self-identified as experiencing food insecurity prior to receiving support. One-to-one conversations were held with single parents—45% male and 55% female, representing all ethnic backgrounds—before distributing food hampers. Many participants reported struggling with loneliness, poor mental health, and limited access to nutritious meals, with some eating only one fast-food meal per day due to financial constraints.



OUTCOMES – SHORT-TERM CHANGES OBSERVED

Based on feedback from a sample of 120 beneficiaries, the project delivered significant short-term improvements:

- **82% felt less stressed about food**
- **76% improved their household budgeting**
- **71% felt seen, respected, and valued**
- **69% reported increased connection to their cultural identity**
- **65% formed new social connections at community events**
- **Volunteers also reported increased confidence, teamwork skills, and personal fulfilment**

These outcomes demonstrate the practical and emotional benefits of culturally responsive support.

IMPACT – LONG-TERM DIFFERENCE

The project created measurable improvements in wellbeing and community resilience:

Mental Health & Emotional Wellbeing

- 72% reported reduced anxiety
- 64% experienced improved mood and motivation
- 58% felt less lonely

Beneficiaries shared that not worrying about their next meal allowed them to focus on family life, work, and personal stability. Others noted that consistent, reliable support gave them hope and made them more willing to seek help earlier.

Community Impact

- Families reported sharing meals more often
- Cultural identity was strengthened, especially among Afro-Caribbean households
- New friendships, informal support networks, and peer relationships developed
- Increased awareness of T&B services led to more self-referrals and broader community engagement

FEEDBACK & LIVED EXPERIENCE

Participants described the service as life-changing:

- “The food parcels helped me when I had nothing. It lifted my stress.”
- “My children were so happy to see familiar foods from our culture.”
- “The event helped me meet people. I had been feeling very alone.”
- “This support came at the right time. It helped my mental health more than you know.”

These reflections illustrate the deep human impact behind the project’s statistics.



CONCLUSION

The T&B Initiative delivered meaningful, measurable outcomes for hundreds of families across Greenwich. Beyond reducing food insecurity, the project improved mental health, restored dignity, enhanced cultural belonging, and strengthened community connection.

The blend of essential support, culturally informed practice, and community-building activities continues to create long-lasting positive change. Ongoing investment in these approaches will help sustain and expand the initiative's impact in the years ahead.

CONTACT US

For listening to our presentation.



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