

KEY FINDINGS

Verbal Wellbeing @ Radius

Verbal delivered a psychologically-informed Shared Reading programme to improve mental health and quality of life and to reduce loneliness in Radius Housing folds across Northern Ireland.

Delivered in

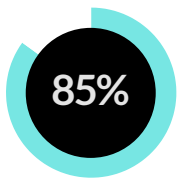


18 housing folds

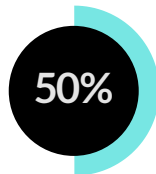


131 participants

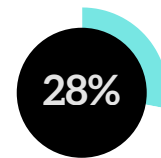
Programme Benefits



**Lower anxiety
in women**



**Higher mental
wellbeing**



**Felt less
lonely**



↑ 39%

Felt fresher &
more rested



↑ 39%

Felt more
active



↑ 39%

Higher support
from others

Highlights

Our programme measurably **reduced anxiety and loneliness, improved wellbeing** and had a **rejuvenating effect** on residents. It also **fostered resilience** helping residents to feel grateful for and enjoy what they have, whilst feeling **more supported by others**.