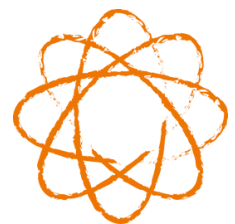


ANNUAL IMPACT



REPORT



HELPING YOUNG ADULTS RECONNECT

WE ARE ON A MISSION...

...to help young adults build their confidence and make meaningful connections with their peers and those a little older than themselves, by bringing them together in a safe space to talk about what feels important to them.

	Projects	Details	Outcome
3	8-week programmes Witham 2 Chelmsford 1 20 attendees	High impact programme delivered in small groups (8 people per group max) with 2 Popcorn hosts	<ul style="list-style-type: none">• Increasing sense of belonging• Confidence boost and better understanding of confidence• Open their mind on new people and opportunities• Celebration of self-worth and life experiences
10	meetups in Witham 54 attendees	Drop-in social meetings designed around an activity: brainstorming ideas for meetups, jewellery making workshop, Jenga with a twist, introduction to baking, pizza making workshop, podcast	Partners: The Well, Edda Cafe&Bistro, Giovanni-italian baker, Andy&Bex podcast experts
74	attendees accross 12 months	7 volunteers on board	<ul style="list-style-type: none">• Friendships• Employment• Improved mental health and wellbeing• A community to belong



You don't need to be anything to join Popcorn. You just need to exist.

Hayden 21 Witham

8-WEEK PROGRAMME

“Popcorn programme is a place to meet new people and learn how other people think. It really helps with your social skills by getting to know and understand different type of personalities.” Popcorner

ACTIVE REFFERAL PARTNERS

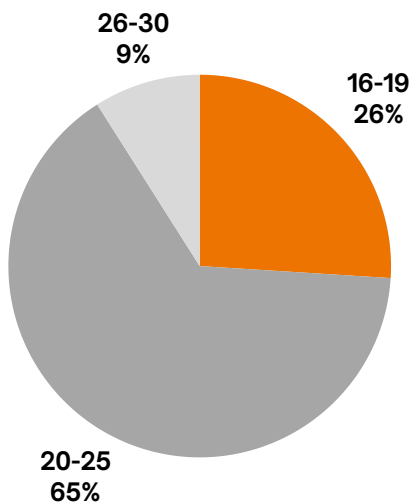
Social Prescribers, Hamelin Trust, Occupational Therapists, Job Centre in Witham, Job Centre in Chelmsford, Shared Lives, CHP housing association in Chelmsford, Community Support Workers (Adult Social Care/ Local Linked Support), Essex Partnership University-NHS Trust (Senior Clinical Psychologist)

MAIN PARTNERS

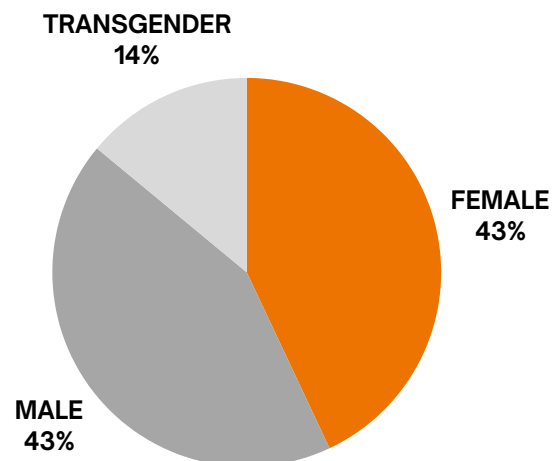
Essex Youth Services- free venues across Essex, DBS check for staff
CHP- free access to their community hub in Chelmsford & co-facilitator
Fusion Leisure Centre- free 2 months membership for people joining our programme in Witham

STATISTICS

AGE



GENDER

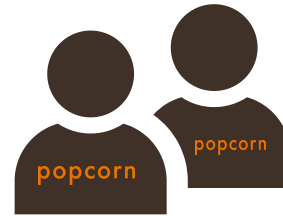


- 73% participants have learning difficulties and/or autism
- 13% are young carers
- 14% are transgender
- 62.5% struggle with mental health issues
- 57% NEET

STRUCTURE

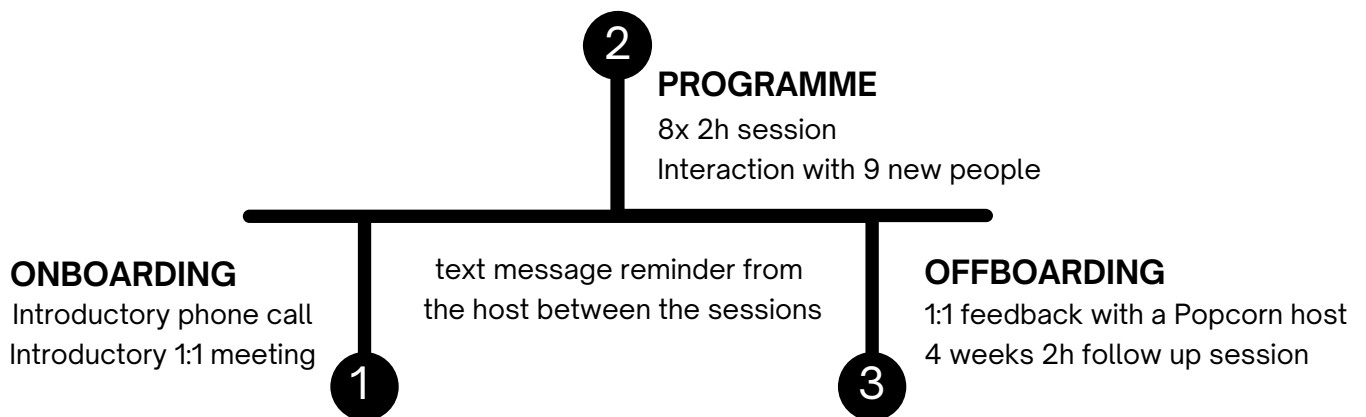


8 POPCORNERS



2 POPCORN HOSTS

STRUCTURE: 8 weeks | 2hours| follow up session after 4 weeks



103 interactions per person



824 interactions per group

FEEDBACK FROM POPCORNERS



I enjoyed the community feeling. By the end of the 2nd session even the quieter people in the group were feeling more comfortable and started sharing, which made the experience even more exciting.

Mental health is important but we are not always looking for advice. We just want to talk about it.

Hayden 21

At school I always felt that I would get a bad response for sharing my thoughts and interests. Yellow Brick Road was hard, as I don't really feel comfortable speaking in front of other people. I was really surprised when people showed interest in me and wanted to know more.

I was impressed with myself, as I was able to speak to people, which is quite a big thing for me. Even when people were speaking over each other, I was still able to be heard.

I joined a walk last week as a part of Autism Month Awareness celebration. At first I wasn't too sure about it, but decided to overcome my laziness. I felt comfortable sharing my interests and hobbies with the new people, and just like at Popcorn, they showed a lot of interest, which was great.

Jacob 28

Popcorn community is a support group which helps people find courage. Popcorn helps you find it in yourself, as you definitely already have it!

Codie 24

THE DREAM TEAM

Thank you to all amazing people, who have been supporting Popcorn with their passion, commitment, friendship and dedication:

VOLUNTEERS

Joanne Jackson
co-founder, co-facilitator& meetups host

Mark Garnham
co-founder, partnership& fundraising manager

Carrie Chesterton
co-founder & meetups host

Sofiya Gak
Popcorner& meetups host

Codie Bloomfield
Popcorner & facilitator in training

Lauren Hayes
co-facilitator

Ash Watson
co-facilitator & CHP partner



Paulina&Mark | Tree Planting Day Feb 2024

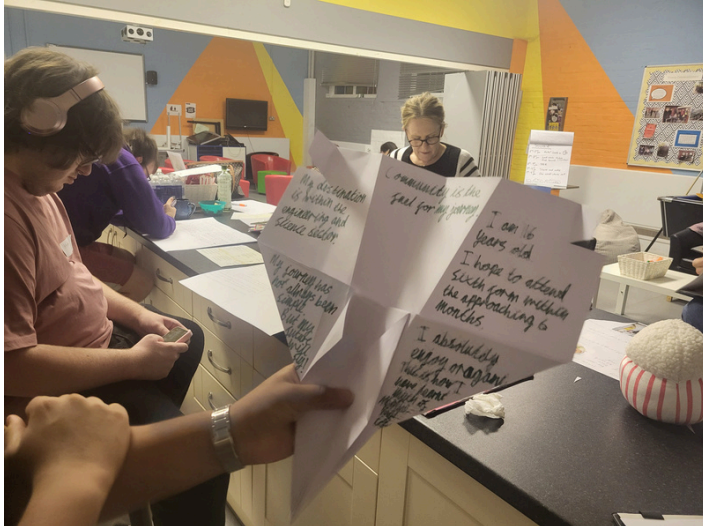
THE BOARD

Paulina Kostas-Grycendler
CEO & lead facilitator

George Fielding
Non-executive Director

Liz Hamilton
co-facilitator & NED

TAKE A PIC!



POPCORN PROGRAMME

Crafting our Yellow Brick Roads

Witham February-March 2024



POPCORN MEETUP

Jenga with a twist!

Witham June 2024



TREE PLANTING DAY

in collaboration with Witham
Tree Planting Group & Witham
Wombles Litter Pickers

Witham February 2024



PIZZA MAKING WORKSHOP

with Giovanni di Sarno
Italian baker

Witham January 2024



POPCORN PROGRAMME

Introduction to Popcorn

Chelmsford April 2024

THE YEAR IN REVIEW



TRAINING

- **Facilitation Training**- The New Normal Charity
- **Suicide First Aid (Lite)**- The New Normal Charity
- **Business Marketing Tools**- online platform
- **Mentoring programme**- Damien Reynolds
- **Recruiting, Supporting & Retaining Trustees**- Chelmsford CVS
- **Safeguarding Level 3**- Essex Safeguarding Children Board
- **Securing support from companies**- Chelmsford CVS

LEARNING

The biggest win

I didn't give up! / Paulina CEO

Seeing people returning to Popcorn and getting involved as volunteers.

Big dream

To build a team of well-trained facilitators. Provide quality group coaching to young adults. Run regular meetups across Essex. Create a Popcorn Academy: soft skills training hub. Never lose the Popcorn vibe.

The biggest lesson

Give people time. Ask for help. Keep things simple.

Proud moment

When a transgender Popcorner found courage to share their gender identity with the group. They never shared it with anyone other than the closest family, always feeling petrified of judgment. The group couldn't be more supportive.