

'Zest Communities' for Everyone

What's the impact?

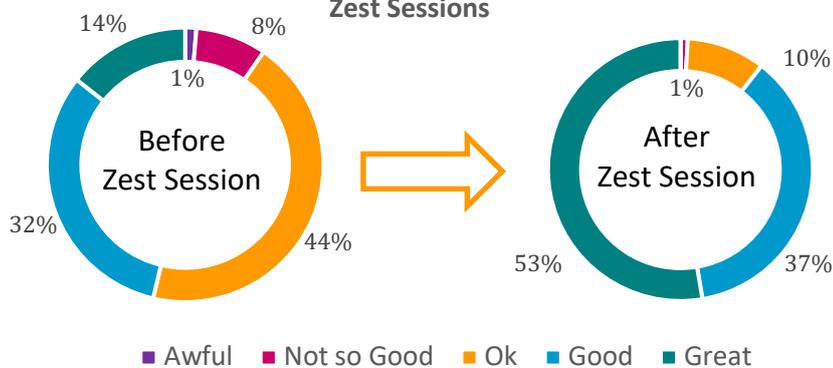
WHAT DOES ZEST LOOK LIKE?

Zest is for everyone! We invite people with memory problems, people living with dementia, families, friends and carers to join a weekly group for a stimulating time being creative together with professional artists. Zest groups exist in a growing number of towns across Kent.

Our ethos is to benefit everyone, focusing on strengths, interests and enjoyment.

CHANGES TO ZEST PARTICIPANT WELLBEING

Changes in Participant Wellbeing Before and After Zest Sessions

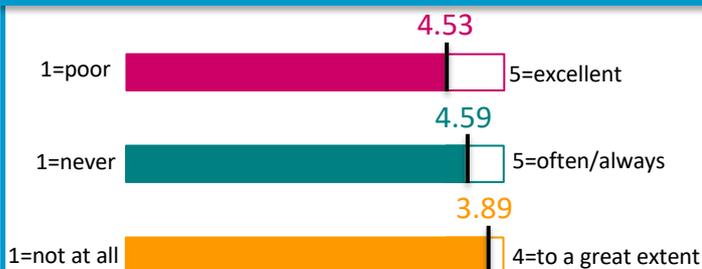


Zest Community workshops significantly and markedly improved participant wellbeing.

9 in 10 participants felt 'good' or 'great' after Zest sessions.

This is based on a total of 1,627 participant ratings collected between January 2017 and December 2020.

SURVEY FINDINGS



Zest participants **rate the sessions** as excellent

Zest participants often feel a **sense of achievement** after Zest sessions

Participants feel that Zest staff **meet their needs** to a great extent

WHAT DO ZEST PARTICIPANTS SAY?

"It's given us a sort of opening to areas of life that otherwise we wouldn't have had."

"I don't get out very often... so these [sessions] are essential to me in getting me out."

"The staff are really professional. They're really careful, caring and empathetic towards members of the group [...]. They're extremely compassionate and caring and respectful of not only the individuals with dementia, but their carers too."