

<b>Name of your organisation</b>	<b>Frazzled Cafe</b>
<b>Date of TFN event which you pitched at</b>	08/02/2023
<b>Name of the project TFN funded</b>	'Talk it out'
<b>Were you able to undertake your project as you outlined in the application?</b>	Yes
<b>Can you describe and/or demonstrate the specific impact that TFN funding has had against your initial objectives?</b>	<p>Since receiving TFN funding, we exceeded our initial objectives of recruiting four new Facilitators into our team. Through additional support, we have recruited five facilitators, who are now running their own weekly online Frazzled Cafes. This addition to the team has meant that we can reach a large number of new participants, as well as offer sessions at different times of the day to improve our flexibility. Each new facilitator brings a wealth of experience and enthusiasm, and we have already seen positive feedback from their sessions, with more information below.</p> <p>Additionally, 2023 saw us begin a new partnership with an organisation in Wimborne, Devon to ultimately run a series of face to face meetings for their community. Three of the members of local group 'Laurel Wimborne' have since become Frazzled Cafe facilitators, running online meetings in preparation for the in-person sessions. The addition of the three facilitators from Wimborne have proven to be an unexpected positive outcome, as each member has enjoyed their time running the online groups and plan to continue to do so for the immediate future.</p> <p>After each meeting, we run an anonymous poll which assesses the impact of the session on each attendee. Over the last several months, we have seen almost 9 in 10 people say that they feel less 'frazzled' after attending even just one of our meetings. Over 90% of participants also would recommend our meetings to others, and plan to attend another session in the future. We have also received a large amount of positive feedback from attendees who have benefited from our meetings, and we have included some examples in the question below.</p> <p>Our data also shows us that we have continued to see attendees from all across the UK, and even across Europe, Australia and North America. The virtual nature of our meetings means that we can appeal to people from across the globe, and still provide the same level of support.</p>
<b>What portion of the project did TFN fund?</b>	6%

<b>How many direct beneficiaries did the TFN funded project reach?</b>	1800
<b>How many indirect beneficiaries did the TFN funded project reach?</b>	0
<b>Were you able to leverage further funding as a result of TFN support?</b>	No
<b>Did you receive any pro-bono support, volunteer offers or introductions as a result of the event?</b>	No
<b>How important was TFN funding in helping you achieve your objectives?</b>	We would have found it difficult to achieve our objectives without TFN funding
<b>Has the training you received from TFN better prepared you in pitching your organisation to potential funders?</b>	Yes
<b>Has TFN increased your capacity to raise further funds?</b>	Yes
<b>Can you tell us any personal stories to highlight the value of the project?</b>	<p>Below are a series of recent emails that we received from attendees who attended our meetings. Each of these people wrote in to share with us their experience of Frazzled Cafe, and what the meetings meant to them.</p> <ul style="list-style-type: none"> <li>• “The online cafes are a great opportunity for me to just share my muddled thoughts. To see people actually listening without judging or wanting to offer advice, has been such a secure rock in this uncertain time. Through this opportunity it has given me the space and confidence to retune into my feelings. It has also given me the wisdom to share without the whole world falling apart which I thought would happen if I opened up before. Keep up the great work and thank you for just listening.”</li> <li>• “Thanks for all you are doing- it’s making me happy and calming the chaos in my mind. Frazzled Café is a safe place filled with open ears, compassion, and healing. In Frazzled café, you get that instant raw human connection that brings out the true essence of what it means to be human. I do not have to pretend to be anyone I am not, or force fake emotions, because what I am and how I feel is enough even if it means that today I am not OK.”</li> </ul>

	<ul style="list-style-type: none"> <li>• "I started coming to online meetings recently. I would just like to say thank you so much for them, they really are helping me. It's lovely to have so many meetings to choose from and that I can sometimes book a place at the last minute. All the meeting leaders are very calm, friendly and patient. Thank you very much to everyone."</li> </ul>
<p><b>Since presenting at TFN, has your organisation undergone any other significant changes?</b></p>	<p>After presenting at TFN, Frazzled Cafe created a new and intensive recruitment and training programme for all Frazzled Cafe volunteers. The new training includes half a day on Zoom with the Frazzled Cafe team going over our guidelines and how to run a session, before moving into a series of observed meetings for practical experience. Having this two-tiered approach means that each new volunteer can understand and then practise running their own meetings before becoming a fully fledged facilitator. This programme has proven successful and has also enabled us to create learning out of the experiences of our current facilitators, which is then used throughout the training.</p> <p>We also recruited new members to our Trustee Board, each with valuable experience and knowledge. Part of this includes experience around branding and PR, which we are planning to use this year to increase awareness of Frazzled Cafe now that we have an enlarged Volunteer Team and therefore more capacity to run extra meetings.</p>
<p><b>Do you have any other comments or feedback on the experience of the TFN process?</b></p>	<p>It was great fun! Thank you for letting us be part of the experience.</p>