Impact report 2024

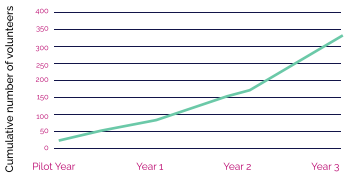
The Wren Project

I am delighted to share our most recent impact assessment report that covers year 3 of our work (September 2023 - August 2024). The data in this report has been compiled and analysed by independent statisticians and patient groups, in partnership with Cambridge University, reviewing the impact of the Wren Project over the last 12 months.

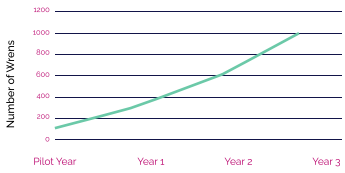
We are extremely proud of our achievements - the data is clear - **The Wren Project makes a very real and lasting difference to those living in crisis with autoimmune disease**. Our support significantly improves well-being across all indicators - allowing Wren's to face the future with optimism.

We have exceeded our targets this year - increasing our income thanks to generous donations and support from Trusts, Foundations and loyal supporters.

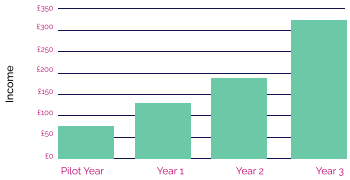
Volunteer Recruitment



Wren Applications



Income



Over 50 people completed their volunteer training this year providing over 2,000 hours of Listening Support to 432 people who asked us for help.

We know we have a lot of work to do and a long way to go. Evidence is clear that living with an autoimmune disease brings a high burden of mental health difficulties including suicidal thoughts and impaired quality of life. The road to diagnosis can be long and distressing whilst treatment usually focuses solely on improving physical symptoms.

432
people contacted us to ask for help

2,000
hours of Listening Support

Our Wrens tell us

90%
feel lonely

86%
are distressed

76%
have no hope for their future

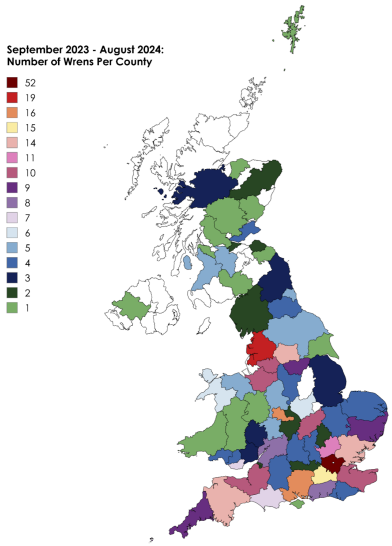
72%
experience extreme fatigue

Whilst autoimmune disease can affect anyone - of the 6 million sufferers in the UK 75% are women. It is therefore not surprising that 90% of those we support are women.

90%

of those we supported were women

Autoimmune disease does not discriminate - it affects people from different ethnicities, backgrounds and geographical locations - we reach them all.



Being on-line we can support people suffering from debilitating fatigue and those who are immobile - our approach reduces geographical and socioeconomic access inequalities meaning we reach the most remote, most excluded areas of the UK.

25%+

of those we support live within areas in the Index of Multiple Deprivation

Our help makes a very real difference to those we support - measured on emotional well-being scales ranked 1-7 Wrens report their feelings before and after our support. All Wrens state that they feel;



More hope for their future



Less lonely



More connected to the people closest to them



More active in determining healthcare



More resilient



Less distressed



Better able to adapt to changes



Better able to voice their needs in employment

Our impact is particularly significant amongst those under 25 years of age who report the highest improvements in well-being scales.

*1.3 point increase in feeling optimistic for their future; 1.2 increase in feeling more resilient; 1 point increase in feeling less lonely; 1 point increase in being able to adapt to changes; 1.4 increase in being able to advocate for themselves in a medical, school or employment setting; 1 point increase in being more connected to those around them.

Our service is highly valued by those we support

100% say our support makes them feel better

95% would recommend us to others

92% found our services were easy to access



Join our Wren Club

Donate Today

As a small charity regular monthly donations make a significant difference to the work we do. By joining our Wren Club you can help us keep our service provision running and our volunteers trained. Wren Club members receive regular updates on our work and early bird offers to our events. With your help we can ensure no one faces autoimmune disease alone.

'Having received support from the Wren Project, I can honestly say that I felt heard, listened to, safe, respected and seen."

(Wren Project Service User)

'The support I have received has made such a difference to me. I've now found a part time job, and started volunteering at my daughters school. I've even managed to socialise a little and see friends. I feel like the Wren Project has given me a new start and given me my life back after my devastating diagnosis.'

(Wren Project Service User)

'We have worked really hard over the last 12 months to reach as many people as possible to make meaningful and lasting changes to those suffering with an autoimmune disease. I am extremely proud of the impact we have had. These independent findings validate what we know, that Listening Support has the power to transform lives. As we enter year 4 we have even more ambitions to reach more people across the UK to build community and ensure that no one suffers alone.'

CEO Kate Middleton

The Wren Project