

The impact of the Virtual Village Hall on health and wellbeing



A free online activity hub and community to help people stay mentally and physically active, socially connected, and having fun.

Who is it for?

- Anyone, including people facing challenges getting out and about, or that experience loneliness.
- People needing support to better manage their health, including long-term health conditions.
- Health & social care professionals, like GPs, social prescribers, hospital teams and activity co-ordinators in residential care settings.

What does it offer?

- ✓ More than 3,000 FREE activity sessions, from exercise and dance, yoga and meditation to crafts, cooking and creative writing.
- ✓ Live weekday sessions, an online activity library, and bite-sized activities too.
- ✓ New sessions added regularly.
- ✓ No sign up or subscription required.
- ✓ Inclusive website with assistive technology. Choose your style!
- ✓ FREE to all, thanks to support from players of People's Postcode Lottery.

The number of people living with long-term health conditions is expected to increase in the next decade. The Virtual Village Hall is designed to help people support their health and wellbeing. In March 2025, we surveyed Virtual Villagers to understand why and how they use it.

KEY FINDINGS FROM THE SURVEY ARE:



90%

It has had a positive impact on my mood and emotional wellbeing



84%

It has had a positive impact on my physical health



62%

It has helped me to feel less lonely/isolated



68%

say they use the VVH to keep active



57%

It has enabled me to better manage my health condition(s); 68% for those with long term health condition(s)



52%

say they do more exercise than they did before discovering the VVH



74%

It has enabled me to stay active despite my cost-of-living challenges



69%

say they enjoy the community aspect of the live sessions



Scan the QR code to find out more about the Virtual Village Hall

121,953+
followers

9+
million views

12-15 live
sessions per week

3,000+ archive sessions
free to view on demand

Search @virtualvillagehall virtualvillagehall.royalvoluntaryservice.org.uk

Here's what some Virtual Villagers had to say



"I like what I see. Thank you. I'm a carer and have my own health issues, physio recommended I exercise in hydro pool but NEVER any appointments. I can't exercise in the gym it's too painful but this gentle exercise programme is great. I am excited to try this " **(Female, 65-74)**

"I love being able to catch up on activities afterwards - because I work full-time, I can't join in many 'live' sessions! " **(Female, 45-54)**

"I appreciate these events and really happy that replay is available due to nature of being a carer, this is an outlet for me too." **(Female, 45-54)**

"Whilst NHS & carers utilise VVH my physio in Kent NHS wasn't aware of you. I am attending a Falls Prevention clinic following many falls. She was so happy to receive your details and I have passed on details of your classes to others who are desperate to attend seated exercise classes. So if possible please target physios." **(Female, 55-64)**

"Please continue to do what you are doing. It is very much appreciated & enjoyed. It kept me going through Covid & now it's part of my life. Thank You." **(Male, 55-64)**

"I love the variety and that if I miss a live session it is always available on you tube. Being free has meant i can experience a wide variety. If I had to pay I wouldn't be able to afford it. Not sure how much longer you can continue, so value each and every opportunity." **(Male, 45-54)**

"It's a great service. I love the variety too. Keep doing the great work." **(Male, 55-64)**

"I have told many of my friends and family about VVH and have shared links to classes. Truly a wonderful initiative and thanks to all that volunteer their time to make this happen." **(Female, 55-64)**

"The VVH has made me feel as if I have very good friends who are always there for me as they are so friendly and welcoming." **(Female, 55-64)**

"I'm so grateful for the Virtual Village Hall, I'm in a tough spot mentally but I'm here and able to connect with people and learn and grow through the sessions. Honestly, I can't say enough how great it is." **(Female, 35-44)**

"You do an amazing thing and I want to thank you. You've helped with confidence and made me feel less isolated. It's even bonded myself and my carer. Thank you x." **(Female, 35-44)**

Health & Social Care Professionals

"It's a fantastic resource and I refer it on to my patients" **(Healthcare professional)**

"One of our activity coordinators regularly links into various activities whether it's exercise, craft or cooking. The important thing as mental health wards is that we offer more than just medication and this gives us something really practical that people can do on the ward and take home with them, both to give them structure to their days and something to engage with when they feel they cannot get out. It's a resource we are really grateful for. Thank you" **(Hannah Pile, Consultant Nurse / Trainee Multi-Professional Approved Clinician, Cornwall Partnership NHS Trust)**

"What a great site it is too. I support people to improve their emotional, mental and social wellbeing. I signpost and share this resource out regularly. There are loads of great fun things to learn and connect up to. I'm sure it's been a lifeline to so many. Thank you so much!" **(Sarah Baldwin, Social Prescribing Link Worker, The Central Surgery Barton, South Humberside)**

