

The impact of the Virtual Village Hall on health and wellbeing



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The Virtual Village Hall is a programme of online activities designed to enjoy at home. Sessions are led by expert tutors, Royal Voluntary Service volunteers and some well-known faces, and require very little space or equipment. There are a wide range of sessions to take part in, like creative arts and crafts, music and singing, cooking and baking and dance and exercise. Everyone is welcome and all activities are free to take part in, thanks to support from players of People's Postcode Lottery.

The Virtual Village Hall was launched in April 2020 in response to the COVID-19 pandemic as a way of helping people stay mentally and physically active at home and connect with people who share their interests.

After a year of delivery, we asked participants to complete a survey to help us understand the difference that the Virtual Village Hall made to their health and wellbeing. This is what they told us:



64%

take part daily or weekly



44%

have a long term health condition

62%

of them said taking part helped them to better manage their health conditions



74%

joined to keep active during lockdown



75%

plan to take part just as often, even as restrictions ease



84%

saw a positive impact on their physical health



97%

saw a positive impact on emotional wellbeing



74%

said taking part helped them to feel less lonely

40,000
followers

At least **5**
new classes weekly

Over **400**
classes in the library, free to view at any time



Visit royalvoluntaryservice.org.uk/virtual-village-hall