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# Impact Report

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2024 / 2025

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# Welcome to Our Year in Review



Harbour House is a charitable contemporary art and wellbeing centre in Kingsbridge, South Devon. Our mission is simple: to enrich the lives of the people of our town and surrounding communities through art, creativity, and wellbeing practices. We achieve this through an inspiring and inclusive programme of exhibitions, performances and educational activities that invite everyone to participate. We also provide flexible spaces dedicated to mindfulness, movement and yoga. We invite our communities to join us as we explore, create, move and thrive together.

This report shines a light on the projects, partnerships, and people who have brought our mission to life from April 2024 to April 2025. It's a celebration of what we can achieve together.

# Year in Summary

We have partnered with **12** community groups

We welcomed **5,263** exhibition visitors

We worked with **40** artists based in Devon and Cornwall

We have provided **18** job roles to local community members

We have supported **2,340** movement classes led by **22** local practitioners with **14,300** attendances

We have supported **104** art classes led by **3** local practitioners with **1,456** attendances

We delivered **83** FREE events and workshops

Welcomed **2,889** community members to our engagement activities

**13,050** total visits to our cafe

**36,958** total visits to Harbour House

# Our Engagement Programme

2024/25 marked the launch of our first full engagement programme — and what a year it's been! With activities shaped by both community voices and our five strategic aims, we've crafted a programme that's bold, inclusive, and deeply rooted in the needs of our town and the wider region.

Harbour House's strategic aims are:

1. Improved community cohesion
2. Improved physical and mental health and wellbeing
3. Increased cultural and socio-economic development
4. Reduced social isolation
5. Increased environmental literacy







Our talented team of practitioners and producers offer engaging creative activities for wellbeing which carefully consider barriers to access, meaning that more people who may not normally engage with art and movement are able to. Each activity is offered free of charge — because creativity should never come with a barrier to entry.

We work with art and movement practitioners working in diverse mediums; our programme showcases high-quality and innovative practices from painting to video-making, from dance to somatic practices, and everything in between.

At the centre of our work is socially-engaged art. We work collaboratively with local communities to shape our programme of creative projects. The process is often as important as the outcomes - we believe that opportunities to learn and be creative together can be transformative. Some projects touch hundreds of lives. Others focus more deeply on a few — but each one has the power to connect, uplift, and transform. You can find out more about our art projects' potential for positive impact on wellbeing in our case study on pages 24–27.

# Celebrating Our Community Partnerships



Collaboration is integral to how we work. This year, we've teamed up with an incredible range of community partners:

- **Activities 115:** providing a series of movement and photography workshops for adults with learning differences and disabilities.
- **Family Advice Support Team:** providing workshops to the youth group including making zines celebrating LGBTQIA+ history, and "how to DJ" workshops.
- **Kingsbridge Celebrates Christmas:** providing workshops, performances, and a silent disco for the local community.
- **Kingsbridge Community College:** supporting their KS3 and 4 exhibitions, and their sixth form exhibition; developing sixth form life drawing sessions; working with sixth formers to create artwork and workshops for Kingsbridge Nature Festival.
- **Kingsbridge Community Primary School:** developing and delivering an after school art club, curriculum linked workshops and school visits.
- **Kingsbridge Fair Week:** providing workshops and performances for the local community.
- **Kingsbridge Food Bank:** supporting children aged 8-12 during school holidays, providing art and movement activities and healthy breakfasts and lunches.
- **Kingsbridge Town Council:** providing workshops at Love Your Park for the local community; supporting the Public Art Committee.
- **Learn Devon:** working with a group of learners with learning differences and disabilities to create Easy Read guides for our exhibitions.
- **South Hams Community Action, Dartmouth Caring, and the NHS:** providing art and movement workshops to social prescribing clients with long term mental health challenges.

Want to collaborate on a community project with us?  
Get in touch! [beth@harbourhouse.org.uk](mailto:beth@harbourhouse.org.uk)



# By the Numbers

## Exhibitions

We hosted  
**8** exhibitions

**5,263** visited  
our gallery

Each exhibition included a free creative or movement-based activity — giving over 5,000 visitors a hands-on way to explore the artist's work and discover their own creativity.

## Workshops & Events

We held **83** workshops  
and events

**2,889** participants  
engaged with our  
community engagement  
programme







“Wonderful. Amazing. The artist has thought of every detail to make the experience of his deeply important work, a very special one. I really enjoyed the story of the work, it’s helped me to gain understanding of this community.”

Gallery Visitor

“I feel proud of what we’ve done in six weeks. I really love it and I want to come again. I feel amazing, comfortable, and joyful.”

Workshop Participant



# Exhibitions

Each exhibition included a free creative or movement-based activity — giving visitors a hands-on way to explore the artist's work and discover their own creativity.

We hosted **8**  
exhibitions

**5,263** visited  
our gallery



"I feel completely moved by this exhibition! I spent 40 minutes in the gallery and still could have stayed for longer. As each time I watch it i notice a new part or have a deeper understanding"

Gallery visitor

# Support in Kind: Space to Grow

“The community in kind room hire has had such positive feedback from the clients we see. The venue itself is tranquil, a great location for access via public transport and a non-clinical space. Often, we support clients with community engagement and social anxiety, the room lends itself nicely to this, and has been a valuable asset to Social Prescribing within the South Hams community.”

Social prescribing link worker

Some of the community-serving groups supported included:

- **South Hams Community Action, Dartmouth Caring, and the NHS** to support local social prescribing clients.
- **Devon Carers**, a charity providing support services for unpaid carers.
- **South Hams Family Hub (Action for Children)**, supporting families with Special Education Needs and Disabilities and Neurodiverse children.
- **Men's Growth Group**, supporting men's mental health and wellbeing.

We offered **62**  
free room bookings

A total of **186**  
hours of free  
room hire

Are you hosting a free event or workshop to support the local community and need space?  
Get in touch! [info@harbourhouse.org.uk](mailto:info@harbourhouse.org.uk)







# Our People:

## Artists, Producers & Hosts

“I was delighted to have the opportunity to work as an artist with the local Kingsbridge community in 2024 – I felt Harbour House really understood my art practice and encouraged me to bring all of myself into the workshops. It was a confidence-booster for both myself and the participants of the workshops and a chance for me to skill-share, encourage leadership and celebrate fantastic artwork generated by the participants. Their artwork and creative process directly connected with the local environment, which made it all the more special, enjoyable and impactful.”

Artist

We're proud to work with:

- 40 Devon & Cornwall-based artists and movement practitioners across diverse media
- 6 community producers, including artists, educators, and access specialists
- 12 fantastic front-of-house staff who offer a warm welcome and creative insight

Our engagement programme offers employment and development opportunities to visual artists and movement practitioners based in Devon and Cornwall. We are delighted to work with a wide range of artists from a variety of backgrounds, bringing with them different lived experiences, different mediums, and different ways of looking at the world. In 2024/2025, we worked with artists and communities to explore: dance, sculpture, storytelling, puppetry, video and moving image, sound art, painting, drawing, printmaking, yoga, somatic practices, zines, DJing, animation, photography, and more!

We are also lucky to be working with a group of six talented producers to support our engagement work. Some of the group also work as visual artists and movement practitioners; others bring a wealth of experience in education and access support. Their work means we can support participants to engage with our workshops in a safe, positive, and supportive environment.

We have a friendly team of twelve front of house staff to welcome everyone into our gallery and support visitors to engage with the work on display. We train local residents with practical and soft skills; they are a fantastic team who share their knowledge of our exhibition programme, and they would love to welcome you into the gallery soon.

## Spotlight Case Study

# Social Prescribing Partnership Workshops:

## Mindful Movement and Mindful Making

In partnership with South Hams Community Action, Dartmouth Caring, and the NHS, we developed and delivered 12 workshops (6 visual art workshops: “Mindful Making” and 6 movement workshops: “Mindful Movement”) to address social isolation and support the wellbeing of local community members with long-term mental health conditions such as depression, anxiety, and PTSD. We worked with 12 participants who were referred to us by their social prescribing link workers. Social prescribing is an approach that connects people to activities, groups, and services in their community to meet the practical, social and emotional needs that affect their health and wellbeing.

We knew from conversations with our partners and with individual community members how needed this project was: as community funding has been decimated, less and less free activities are available, with few that are mindful of barriers to access for people with long term mental health conditions, many of whom also have concurrent physical disabilities. The community participants worked with our team to design the workshops themselves; deciding what sort of themes they wanted to investigate in the sessions, ground rules for engagement (for example, confidentiality within the group was key), and what sort of art and movement methods they wanted to learn and explore. Opportunities for conversation, reflection, sharing of experiences, and of course tea and biscuit breaks were all part of the programme!







The Mindful Making sessions were led by artist and art psychotherapist Laura Segan, and the Mindful Movement sessions were led by somatic movement practitioner Charlotte Eaton of Inner Motion Movement. They are each skilled practitioners with many years of experience of working with a focus on art for wellbeing: each session incorporated the Five Ways To Wellbeing (evidence-based actions that can be incorporated into daily life to improve personal wellbeing) to support better mental and physical health for all participants. We are delighted that many of the group continue to meet outside of these workshops in self-led creative sessions.

100% of participants agreed that the workshops gave them an opportunity to meet new people, to learn new skills, and to be creative.

Feedback included...

"These sessions have helped me to realise I am not alone with my illness."

"The workshops have massively increased my confidence and social skills... they are very comfortable and supportive...I have new friendships and hope for the future."

"I didn't realise this kind of movement could be part of my routine and that exercising like this could be so simple...I could do this in my bed!"

"I feel I have really benefitted from the opportunity to reconnect with the outside world after a long time in isolation. My confidence and positivity are slowly returning..."

"This is such a safe, friendly space. It's something I look forward to each week."

These workshops were funded by the National Lottery Community Fund. We have some continuation funding thanks to Richard Chappell Dance to offer further workshops in 2025.

# Fundraising Highlights

We're grateful for every pound that supports our mission. This year, we received:

The National Lottery Community Fund:

£20,000

Activities 115:

£3,790

Gibbons Family Trust:

£2,280

Our work is largely funded by our charitable trust, Harbour House Trust.

Would you like to support creative wellbeing in our community?  
Get in touch! [info@harbourhouse.org.uk](mailto:info@harbourhouse.org.uk)

Donate to  
[Harbour House](https://www.harbourhouse.org.uk)







"These sessions have everything I need. Journaling and art, socialising and exercise...they have been a sort of lantern in the dark."

Workshop participant





# Hosted at Harbour House

"I love teaching at Harbour House, the studio spaces are bright and airy, plus warm and cosy during the cooler months of the year. My students always feel they are retreating to a space that is well cared for, clean, and presentable. Being in the centre of town is very convenient, and the (onsite) cafe is a delightful bonus!"

Yoga teacher

Each week, our  
art studio hosts:

**3** teachers  
**2** weekly classes  
**28** weekly  
participants

Estimated **1,456**  
annual attendances

Classes include  
watercolour painting  
and life drawing

Each week, our  
movement studios host:

**22** movement teachers  
**45** weekly classes  
**275** weekly participants

Estimated **14,300**  
annual attendances

Classes include  
yoga, pilates, tai chi,  
ballet, kung fu, and  
contemporary dance

We love supporting the talented local community of teachers and practitioners. The income generated from the studio hires goes to support our free engagement workshops for community members who face the greatest barriers to accessing art and movement activities.

Want to hire a space and join our community?  
Get in touch! [info@harbourhouse.org.uk](mailto:info@harbourhouse.org.uk)



Total visits to Harbour House  
from April 2024 to April 2025

36,958

## Thank you!

To every artist, participant, partner, funder, volunteer, and visitor — thank you. Your support makes it possible for us to keep our doors open to the community, offering more events, workshops, and exhibitions that are accessible to everyone.

Together, we're bringing creativity to life and enriching the lives of people in Kingsbridge and the surrounding area. Here's to all we've achieved — and to all that's still to come!



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## Contact us

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Gallery Opening Hours:  
Mon–Sat 10am–5pm

Cafe Opening Hours:  
Tues–Sat 10am–4pm

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## Want to find out more about us?

Instagram:  
[@harbour.house.art.wellbeing](#)

Website:  
[harbourhouse.org.uk](http://harbourhouse.org.uk)

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