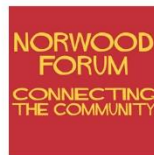


This project is funded by Lambeth Public Health in partnership with Norwood Forum to bring new Health and Wellbeing projects to the residents of Gipsy Hill



Project Outline

Norwood Forum is working with Lambeth Public Health to pilot Lambeth's health and wellbeing hubs initiative, bringing together local organisations to improve health and wellbeing in the community.

Lambeth's innovative Health and Wellbeing Hubs offer an early intervention approach in communities where health and wellbeing outcomes have reduced significantly during COVID. The hubs connect and support voluntary, community, and faith organisations.

Gipsy Hill was selected as a pilot for the hub programme because the area experiences high rates of deprivation; respiratory disease at all ages; hospital admissions, long-term illness and early (under 75) death; with unemployment and income deprivation leading to poor mental health. A wide range of issues – including isolation, poor housing, and no work or insecure or poorly paid work – directly impact on health and wellbeing.

What we did

Norwood Forum was awarded a £100,000 grant from Lambeth to set up and manage the Gipsy Hill Health and Wellbeing Small Grants Fund which would be delivered in two rounds.

What we achieved

In the first round – launched in January 2022 – full details here:

www.norwoodforum.org/gipsy-hill-health-wellbeing-small-grants-fund-round-one, we received 26 applications from community organisations based in or working in Gipsy Hill and awarded 13 grants to a mix of well-established local service providers and start-ups. The start-ups could lead to really effective services in the future – and we see developing new ways of supporting the community as a really important part of the role of the hub.

Linkages and joined-up working

The successful applicants were:

1. Box on the Hill, Community Sparks Change
2. Community Tech Support & Learning, ClearCommunityWeb CIC
3. Emmanuel Community Youth Club, Emmanuel Church who shared one grant with:
4. Emmanuel Homework Club, Emmanuel Church
5. Family nature and gardening sessions, Nature Vibezzz
6. Gipsy Hill Wellbeing Champion Network, It's a Playground Ltd
7. Grow with Gipsy Hill, South London Botanical Institute (SLBI)
8. Open Door - Community Sing; Open Door - Mindful Movement, Christ Church
9. Paxton Parklet on Gipsy Road, Friends of Gipsy Hill
10. Stay Active & Social for Older People, Upper Norwood Library Hub
11. The Gipsy Hill Zine Project, Paper Stories
12. The Norwood School Health & Wellbeing Garden, Incredible Edible and Norwood School
13. The Reach Project - 360degree health and wellbeing support, New Covenant Church Equipping People

Most of these projects involved some element of collaborative working, both with each other and/or with other organisations.

You can read about all of these projects, watch a video, download project posters, ask questions on the project webpage here: www.norwoodforum.org/gipsy-hill-health-wellbeing-current-projects. This information is especially designed for the sector to share with their own networks, but can also be used by the public.

Norwood Forum has promoted these projects online and in the real world using all our social platforms, newsletters, local noticeboards and via all our community focussed contacts both virtual and in person.



Noticeboard in West Norwood Health & Leisure Centre

We also manage a WhatsApp group that involves both successful, unsuccessful applicants and other people who did not apply. This has developed into a health & wellbeing resources and information sharing platform.

Events



25 June 2022 - Norwood Forum hosted a stall at the Central Hill Estate Health & Wellbeing day promoting all 13 projects, many of whom were present.

9 July 2022 - Five successful projects were showcased at the Norwood Forum AGM with their own presentations:



Reece Antrobus
Emmanuel Community Youth Club
and Homework Club
Emmanuel Church



Milly Youngs
The Gipsy Hill Zine Project
Paper Stories



Yvonne Ihegborow
The Reach Project - 360degree health and wellbeing support
New Covenant Church - Equipping People



Ryan Spence
Box on the Hill
Community Sparks Change

10 July 2022 - Norwood Forum hosted a stall at the Friends of Gipsy Hill Village Fete promoting all 13 projects, many of whom were present.



View of our stall being swamped!
We ran out of flyers.

Evaluations

Three projects are now complete, with a further project finishing in mid-August. One project will begin in September. All the other projects will run for an autumn term. We have gathered interim and final evaluation reports from all of them.

Here is a summary:

Completed projects

Reach – Community Kitchen – run by New Covenant Church - Equipping People

Grant £5,000 Spend: £4,946



Aim: To relieve some of the effects of poverty and hardship among the marginalised and disadvantaged communities in Gipsy Hill and SE19.

What did the project involve: We coordinated a Community Kitchen where members of the community are provided with rich and healthy food plus food bank support. We paid for publicity materials and to create better awareness of the project. It was also announced during local events and through other local platforms. We appointed a project-coordinator. Volunteers were well advised about how to deliver outstanding clientele relationship/services. Safeguarding & Wellbeing policy was put in place to support Children and Vulnerable adults. We also distributed a 'Care Pack' consisting of packed and canned foods, hygiene, sanitary and well-being materials.

Outcomes: When questioned about the impact of the project and its benefit to the improvement of their socio-emotional wellness and wellbeing, 67% reported they were 'feeling more optimistic about the future now'; 93% were 'able to make up their mind about things'; 67% were able to 'deal with problems well' and; 60% responded that they 'feel close to other people now'.

The Community Kitchen is a monthly event and the project funded seven Kitchen events between February and August, plus two special Community events in April and July.

The church also delivered Saturday basketball classes, which provided a place of healthy physical and mental development through sport. Young people were also taught subtle leadership and team-work skills as they learnt how to collaborate with team members. The basketball club was run weekly between February and August and 19 events were funded through this project.

Numbers of people engaged:

- Community Kitchen: about 40 people including elderly and children per month
- 2 Community special events in April and July attended by just under 40 people
- Basketball & Breakfast: 35 young people per month.

Please see their full report for further evaluation data, images, videos and more details.

Paxton Parklet on Gipsy Road, run by Friends of Gipsy Hill

Grant £4,999.20 Spend £4,999.20

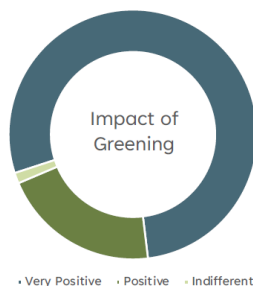


Aim: A free and accessible community space, promoting connectedness - a central hub

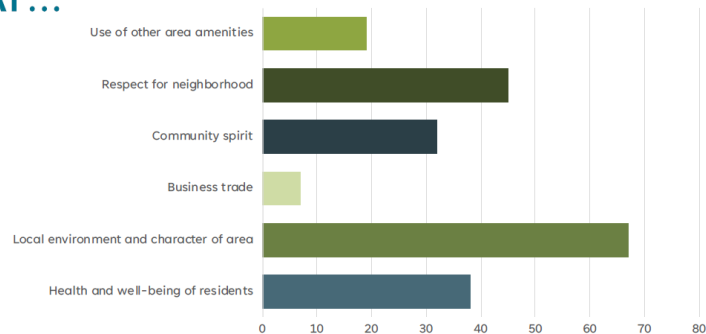
and meeting place on Gipsy Road. The space incorporates feature planting and seating - actively maintained by local volunteers, supported by businesses.

Feedback:

OUR NEIGHBORS SAY...



Greening and Paxton Parklet have positively impacted...



Quote from local business owner: “Fantastic work, made a real difference to my business and the community of Gipsy Hill.”

Overall the project involved more than 30 local people. These included:

Friends of Gipsy Hill Committee

Father Nature carried out the actual installation

Local Business Support (various along Gipsy Road) in identifying suitable position, committing

to help with maintenance etc

We now have a group of 10 local volunteers on rota/actively maintaining/watering the parklet and planting on Gipsy Road and it is frequently used, especially during nice weather. We intend to run pop up events from the Parklet in due course.

We’ve had subsequent business sponsorship to renovate the noticeboard which the Parklet was positioned next to - to be used for promoting FoGH community events and activities.

Please see their full report for more evaluation data, details and images.

Box on the Hill – run by Community Sparks Change

Grant: £3800 Spend: £3801.40



Aim: Our aim was to give each child a chance to feel more confident around their area. The engaging sessions not only helped each child venture into the world of boxing, it also helped with their self-confidence and created a safe space to meet and make new friends.

What did the project involve: Vigorous fitness sessions which ensured the young children were given the chance to learn boxing techniques, ideas on how to stay fit and healthy and also working well as a team. Each week there were numerous fitness sessions which brought together the children in a safe and friendly environment. While documenting each week using photography and videos of the sessions this brought on a huge interest from certain social media platforms, where we saw a huge interest from the public.

Evaluation: Overall we had 17 youth aged 8-12 year olds taking part each week. Through an interactive evaluation process, the most popular words selected from a table were Fun, Exciting, Challenging and Valuable. Out of the most popular words circled over 50% of the youth circled 'Fun' which clearly indicated that they enjoyed our sessions. We ran 26 sessions over a 13 week period.

Quote from parent: "This gave him an opportunity to try a new sport that he has been wanting to do for at least 2 years and we couldn't find a place to practise."

Please see their full report for more evaluation data, details, video and images.

Interim reports

The remaining live projects have all provided an interim report, below is a very brief summary of progress. More data, details, images and videos can be found in their interim reports:

Fern Lodge Family Gardening Sessions – run by Nature Vibezzz Grant £4985.40 Spend to date £3918.67



Charity Nature Vibezzz has run 12 Saturday morning gardening sessions at Fern Lodge housing estate community garden. Nature Vibezzz shall be running a 3-week summer school holiday children activity camp at Fern Lodge housing estate and this programme will include maintaining and harvesting crops from the community garden. 3 more sessions will be run in September and October after the school summer holidays. These sessions will focus on harvesting crops and making healthy meals using harvested crops. Whilst remaining crops will be shared with participants to take home or left for local people to harvest from the community gardens.

In total there has been 101 places filled on sessions (39 adults and 62 children) with many participants attending multiple sessions giving an average of approximately 8 people on each session.

Moving into Wellbeing – run by Christ Church, Gipsy Hill
Grant: £5000 Spend to date: £640



The Moving into Wellbeing group was set up as a 'bolt on' activity to Open Door, the well established community drop-in operated by Christ Church in the Goodliffe Hall. This is one half of the funded scheme. The second project, a Community Choir, will begin in September 2022.

This exercise group is led by Diane Aben, a local Pilates teacher, focussed on provided chair based exercise for those whose mobility would not enable them to participate in conventional exercise classes. The intention was to target the existing open door community, but also to advertise in the community more widely.

Summary from course leader: The constant increase in numbers and the retention rate shows they are enjoying it and returning weekly. Their range of motion has improved steadily notably in rotation (one of the first thing to go as we age) but also their balance and confidence. I am impressed by their stamina too. Despite being a seated and standing class, it is not slow paced (I have adapted to their needs and to the mixed levels. A few health conditions also need consideration and some adaptation but they have taken that in their strides) and we pack quite a lot of material within an hour.

The first session took place on 31 May when we had two attendees. Numbers have grown consistently and at the session on 12 July we had 10 attendees. Those who attend once have always attended again – there are a total of 11 attendees so far.

Norwood School Health & Wellbeing Garden with Incredible Edible Lambeth
Grant: £4.700 Spend to date: £3,500



Timeline of Events:

1 March – A group of 12 students completed an urban greening project in collaboration with the South London Botanical Institute. They added planting to new flower beds installed on Norwood Road.

2 March – Weekly gardening club recommences: Students meet for an hour every Wednesday to plant, grow, look after the garden and spend time together outdoors at the end of the school day.

21 April – Interviewers for gardening post held and gardener Beatrice Dandy employed to work in the school

18 May – 20 Students attend the garden design workshop led by Poppy George and Beatrice Dandy. Students learn about aspects of garden design then work together to draw and discuss their own ideas for the future of the Norwood Garden

25 June – Community Work Day – 15 volunteers including students, parents and members of the Friends of Norwood Park work together to develop the garden following the ideas produced by students. Parents and students learn carpentry and raised bed making skills with Poppy George. During the day four new planters are created and planted, benches are installed and repaired and planting is developed.

6 July – School Gardener begins weekly gardening support sessions for students during the school day. The aim of these sessions is to support students who need support with emotional, mental and physical health during the day. Students are supported in looking after the garden and have the opportunity to take plants home. I have received positive feedback from students and the SEN department on the value of this intervention.

6 July – Year 9 students complete a citizenship project in the school garden – planting a number of young trees.

7 July – LGBTQI+ Club visit the school garden to plant, water and tend the garden.

13 July – Photography Club in the garden. Students create artistic responses to the garden and complete a creative evaluation of the school garden creating responses to the question. How does the garden make you feel?

Throughout June/July – Students use the garden as a space for relaxation and taking a much needed time out during rehearsals and preparation for school summer shows. The year 12 theatre production uses planting from the school garden as part of its end of year show.

Number of students who have attended Norwood Garden sessions	36 Students
Number of Garden users – including classes and clubs who have used the garden and students who have spent time in the garden	90 Students
Number of adults including teachers, parents and visitors	20 people
Total number of garden users	146 users

Other stats are included in this projects interim report.

Digital Support in Gipsy Hill – run by Clear Community Web Grant: £5000 Spend to date: £3500



Case Study

Michael was referred to us via Age UK Lambeth. He wanted to learn how to use a smart phone. We donated him a SIM and he came for a number of sessions, diligently practicing and learning how to navigate his phone, send texts, WhatsApp, make calls and send emails. In Michael's own words: "I had a smart phone idle for a year, no-one available or willing to teach me. Then I heard about the classes at the CP library run by Caspar and capable volunteers. The help given was really good - and after a few sessions and good tuition, it suddenly clicked and I was using the smart phone for myself."

Upper Norwood Library Hub

Between May & July we ran 11 sessions, reaching a total number of 17 unique residents (9 from the Gipsy Hill Ward) We had a total of 86 attendances, with an average of 8 people per session.

We have 4 volunteers who help with this session, including 2 who live in the ward.

Rathbone Centre, Central Hill Estate

Between May & July we ran 11 sessions, reaching a total number of 9 unique residents (7 from the Gipsy Hill Ward) We had 32 total attendances with an average attendance for 3 people per session.

We have found this drop in to be a lot quieter with some resistance due to the current regeneration programme with Home for Lambeth. We have found that residents have preferred to go to Upper Norwood Library or have expressed interest in West Norwood. We have not attracted any people from the Emmanuel Centre.

We have decided not to continue the drop in here and will pilot the same session at West Norwood Library at the same time, where we feel we will be able to reach more people in the ward across both of our sessions.

We will continue to support the residents of Central Hill estate via the TRA and home visits.

Gipsy Hill Zine Project – run by Paper Stories

Grant: £3903.20 Spend to date: £1300



We have launched the Gipsy Hill Zine Project with a group of students from Kingsdale school in Lambeth. We offered the 6-week course to both Rathbone Youth Society and Kingsdale school as well as promoting it at local community events. The 9 participants who have joined are Year 10 students from arts, textiles, photography and graphics GCSE courses at Kingsdale school. They have been selected from the Pupil Premium group, students from low-income families, to help provide them with experiences they might not be able to get via home.

We've had two weeks of the course so far and we have 4 more to go, which will resume in September when their term starts again.

Two projects run out of the Emmanuel Centre, Clive Road, shared one grant of £5000

Emmanuel Youth Club

Grant: £2500 Spend to date: £1945



My goal is to hold a youth club for the young people in the local area. When I was younger, I had a youth club that I believe was key to the development of me as a person. By having this youth club, I believe that I'm giving these young people the opportunity to do the same.

Attendee demographic breakdown

25 young people signed up to come and use the service

Around 15 young people attend weekly

23 of the young people live within the West Dulwich/West Norwood ward

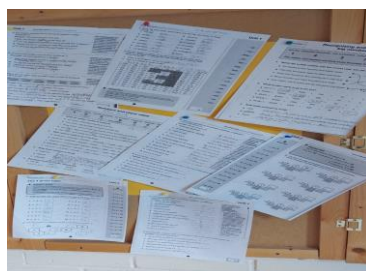
From the age 8 to 14

Interim Q&A results

1. Do you enjoy the youth club and all the activities we do with 10 out of 10 saying yes
2. Have you made new friends at the youth club? 10 out of 10 saying yes again
3. Do you feel like the youth club is a safe place you can come and enjoy yourself? 10 out of 10 say yes
4. Will you be coming back to the youth club when we reopen 10 out of 10 young people said yes again
5. What would you like to see do at the youth club 5 of the young people saying more trips others saying we need a swimming pool 1 young person asking if we could open earlier 3 others asking for a pool table and one wanting cricket nets.

Emmanuel Homework Club

Grant: £2500 Spend to date: £1016.41



The club was set up to provide a safe and quiet space for children to come and get help with homework and catch up where they have fallen short in their learning due to the pandemic. We have registered 11 students who are mostly from KS2 at the primary level and one year 7 secondary school student. The students are mainly from the black and Muslim community and include 8 girls and 3 boys of which 91% lives in the Gypsy Hill ward.

Parents have verbally expressed their gratitude for the club as they have noticed improvement in their children's learning. Before the end of the project, we will have parents to complete an evaluation form with their comments so we can share it with team for the final evaluation. Photos and samples of children work from the books are included.

Grow with Gipsy Hill – run by South London Botanical Institute
Grant: £5000 Spend to date: £1387.61



This is an interim report on the four workshops completed for Christ Church in Gipsy Hill: two sessions working with the Magnolia Club (a group that supports those living with dementia) and two with Playpen (a toddler and carer group). Two further projects with Central Hill Estate and the Friends of Gipsy Hill are still ongoing and will be completed this Autumn 2022.

Playpen

Two workshops were completed on Wednesday 11 May (24 participants) and Thursday 19 May (26 participants). In total 50 toddlers planted up marigold and nasturtium seeds and their own strawberry plant to grow at home. They used spoons to manipulate the compost and their fingers to do the rest, thereby improving manual dexterity, learning how our food grows and what to do to take care of their new plants. There was also colouring available of what their seeds/plants would grow into.

Magnolia Club

Two workshops were completed on Wednesday 11 May and Wednesday 18 May. In the first session 7 participants created mini flower presses out of cardboard and paper, then pressed seasonal and locally collected plant specimens. We discussed how long the plants would need pressing for and what they could do with them afterwards. For the second session, there were 9 participants and we learnt how to propagate different types of houseplants, taking various different types of cuttings and preparing them for participants to take home.

Chair Exercise Class – run by Upper Norwood Library
Grant: £4945 Spend to date: £1575



The sessions are delivered by a specific facilitator who has the skills and experience of working with older adults and tailoring exercise specifically to their needs. Sessions are running until December 2022, where we will fully evaluate the programme. The idea is to make this a sustained project by sourcing further funding to deliver the programme.

The core group are local to the area and found out about the activities through word of mouth or seeing a poster.

Of the older adults we work with 85% are over 67 years old.

40% of them have a self-identified physical health issue.

94% stated that they felt the exercise programme has had a positive impact on their physical health and mental wellbeing.

We have had 44 attendances by 14 unique users.

Comment from a participant: 'I have found it so useful, and it's helped me want to get out during the week'

What next?

We are preparing for the second round of grant funding. This includes:

- A survey for successful and unsuccessful applicants to complete, so we can use those experiences to improve the way the second round is designed and run – including most effective dates
- A second survey has also been produced for the adjudication team, again so we can take those learnings to improve the second round process of scoring the applications.
- We anticipate running the second round in October 2022, pending analysis of the surveys detailed above.

Financial report

Work to deliver the project has been undertaken by both paid and volunteer members of Norwood Forum with support from Lambeth Public Health project team. We estimate 65 hours have been volunteered to the project.

Interim Financial Report					
Grant to Norwood Forum	£100,000				
Round 1 Expenditure					
Round 1 grants		£57,327.80			
Project management		£5,160.00			
Expenses		£140.44			
			£62,628.24		
Funds c/f				£37,371.76	
Round 2 Budget					
Round 2 grants - rounded up figure		£60,000.00			
Project management - incl final report		£5,500.00			
Expenses - incl final report		£500.00			
			£66,000.00		
				-£28,628.24	Shortfall

Kim Hart
Chair, Norwood Forum
16 August 2022