Introduction

The talents and skills of the community and maternity champions have been expanding this year, as more residents from the four neighbourhoods have become involved in developing activities which make their neighbourhood a great place to live. The champions themselves come from diverse backgrounds and have powerful stories to tell about their passion for health, wellbeing and the community. Their role is to bring people together to have fun, learn about health and wellbeing, break down barriers and support the whole community, from young to old.

The borough summary presents the infographics for the four projects together. There has been a strong focus this year across all projects on mental health. This has happened through training offered to champions and residents on Mental Health First Aid (MHFA); organising activities that bring people together to reduce isolation and increase connections; inspiring people to become more active getting the endorphins flowing; and supporting expectant parents through the Maternity Champions.

Vision

Thriving communities that are engaged in shaping and improving health and wellbeing with their families, friends and neighbours

Large events

Fun day
30

2,909 attendees

Partnership event
6

640 attendees

Festival
1

800

Other
4

32

3,894 Volunteer hours

Contact: Info@communitychampionsuk.org or call 020 7641 4834
Mental Health First Aid Training

Mental health and the alleviation of social isolation has always been a priority and we subscribe to the Five Ways to Wellbeing. We have been investing in the development of a body of qualified MHFA Instructors across the programme for the last 4-5 years. Several project staff have completed MHFA England’s Royal Society for Public Health’s accredited MHFA Instructor training course. This licences staff to deliver the accredited MHFA two days course. Across our Kensington and Chelsea projects, we have seen courses delivered to most existing champions, many residents and other local professionals. A rolling programme of MHFA course delivery ensures we continue to get key mental health first aid messages out to residents - and newer champions are able to access the training for free within 6 months to a year of being recruited.

“I have taken away so much from this course, I have suffered with anxiety and panic attacks and straight after the first day I have come away with so many skills that have helped me immensely. I am so grateful for this course.”

“Thank you so much, I think this course should be taught in colleges and universities. It was the best training I have ever been to!”

“Very interested and powerful course, delivered so well!”

Regular events

Partnership work/meetings

Reducing isolation

Outreach / promotion

Nutrition

Arts-based activity

Physical activity

Health awareness

Older people’s activity

Signposting

Mental health

Other

Coffee mornings

Maternity Champions arrive in Kensington and Chelsea

The new borough-wide Maternity Champions programme began last year, has become an integral part of each project’s offer in the last year. Hosted by Venture Community Association, our Maternity Champions manager, Michelle, works across the borough to support the recruitment and training of Maternity Champions and embed activities for new and expectant parents in all our Community Champions projects. Michelle also focuses on building more strategic links with midwifery, health visiting and children’s services; CCGs and Imperial and Chelwest hospital trusts. All maternity champions receive extensive OCN-accredited training from the NCT – Birth and Beyond Community Supporter (BBCS) and, where applicable, Breast Feeding Peer Supporter (BFPS) training; as well as safeguarding, oral health, paediatric mental health and other training as needed.

Public Health Campaigns

<table>
<thead>
<tr>
<th>Campaign Type</th>
<th>Child oral health</th>
<th>Mental health</th>
<th>Winter Health</th>
<th>Sexual Health</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sessions</td>
<td>2</td>
<td>4</td>
<td>8</td>
<td>1</td>
</tr>
<tr>
<td>Total Reached</td>
<td>105</td>
<td>280</td>
<td>226</td>
<td>50</td>
</tr>
</tbody>
</table>

Total attendees 5,563

Total sessions 534

0 - 200
201 - 350
351 - 500
501 - 1,000
1,001 - 1,500

‘Very interested and powerful course, delivered so well!”

‘I think the idea of local mums supporting other mums is fantastic. Who else could understand us better?’