

3,894

Volunteer
hours



Kensington and Chelsea

Highlight Report

April 2018 - March 2019

Vision

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

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.



- 1 Dalgarno**, Hosted by Dalgarno Trust
• Webb Close Dalgarno Way, W10 5QB
• 020 8969 6300
- 2 Golborne**, focussed on the Wornington Green and Swinbrook estates and Kensington and Chelsea Maternity Champions manager hosted by Venture Community Association
• 103A Wornington Road, W10 5YB
• 020 8960 3234
- 3 Notting Dale**, focussed on the Lancaster West and Silchester East and West estates and hosted by the Volunteer Centre Kensington and Chelsea (VCKC)
• 1 Thorpe Close, W10 5XL
• 020 8960 3722
- 4 Worlds End and Cremorne**
Hosted by Chelsea Theatre
• 7 World's End Place, Kings Road Chelsea, SW10 0DR
• 020 7352 1967

Large events



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

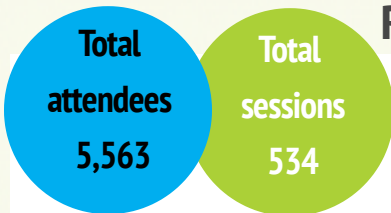
“ I have taken away so much from this course, I have suffered with anxiety and panic attacks and straight after the first day I have come away with so many skills that have helped me immensely. I am so grateful for this course.’

“ 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



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







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.



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

Public Health Campaigns

Campaign Type	Child oral health	Mental health	Winter Health	Sexual Health
Sessions	2 	4 	8 	1 
Total Reached	105	280	226	50