



**North West London**  
**Clinical Commissioning Group**  
North Kensington Recovery Programme

# **North Kensington Health & Wellbeing Network**

**28<sup>th</sup> October 2021, 10:00 – 11:30**





# Meeting ground rules



We have put together some ground rules in order to run this online meeting:

- Please mute your microphone throughout the meeting unless you have been asked to speak.
- This meeting will be recorded. The recording will be for note taking purposes only. Please let us know if you have any concerns with this.
- Please write your name and organisation in the chat window.
- If you would like to ask a question during a presentation please write this in the 'chat' window.
- If you would like to speak, use the 'raise your hand' button or write HAND in the 'chat' window and someone will let you know when you can speak.
- Please let us know if you have questions about any of the above.



# Agenda



**10:00** *Welcome, agenda, and ground rules*

**10:05** *Update on Self-Care Event*

**10:10** *New funding opportunity: Family Model (Kalwant Sahota, NWLCCG)*

**10:40** *Healthier Futures Providers*

**11:20** *Community updates: KCSC: Health Coaching, Mental Health Aware Training and Volunteering Fair*



**Citizens Advice**  
help me  
day



**NKLC NORTH KENSINGTON LAW CENTRE**  
A Law Centre is a not-for-profit providing legal advice and the local community since 1972.  
North Kensington Law Centre

**Active For Itahan**

Empowerment  
Wellbeing

Informational text and documents are scattered across the blue-clothed tables, including brochures, a laptop, and a coffee cup.



Employment support  
Wellbeing  
Advice and guidance  
Children's Homelessness and Literacy support  
Please ask us for more information!

the Clement James centre  
Releasing Potential in the Community

NKLC NORTH KENSINGTON LAW CENTRE  
North Kensington Law Centre is a not for profit organisation providing legal advice and representation to the local community since 1981  
North Kensington Law Centre  
Unit 13, Boreline Studios  
Winchburgh Road  
London W11 4AT  
020 8969 7473  
www.nkklc.org.uk  
@NorthKensC  
Charity registration no. 27699

Active For Health

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forward

NKLC  
NORTH  
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LAW CENTRE

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LIVE INDEPENDENTLY  
AND WELL IN THEIR  
OWN HOMES.**



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West London  
Clinical Commissioning Group

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for you**



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[www.grenfell.nhs.uk](http://www.grenfell.nhs.uk)  
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WESTMINSTER / KENSINGTON & CHELSEA

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where volunteering and  
community action  
transform lives

FOR  
FURTHER INFORMATION  
[westminster.org.uk](http://westminster.org.uk)





## Family Model to support self care

North Kensington Health and Wellbeing Network, 28 October 2021  
Author: Kalwant Sahota, Self-Care and Social Prescribing Lead



# Family Model



# Family Model - Examples

- Practical Support and tips
- Learning skills as a family unit
- How you will include the young person/s in the activity
- Incorporate healthier life choices
- Experience of family working/partnership bids





# Healthier Futures



## Exercise and Wellbeing

- **Complementary therapies:** In person massage therapy, or walk and chat, alongside virtual self-massage, virtual guided meditation and welfare calls.
- **The Lunch Box Club:** A boxing and nutrition programme with 8 boxing sessions at Dale Youth Boxing Club plus 8 cook and eat sessions delivered by a nutritionist at Bay20.
- **Our Power Hub Boxing:** Men only and women only low intensity & high intensity boxing & fitness classes (suitable for Muslim women) for 5 months, both in person at Dale Youth gym and virtually, delivered by Our Power Hub.
- **Mixed Power Walking and Women's Only Yoga:** Mixed power walking and gentle exercise classes, along with Women's only Yoga classes for Notting Dale ward residents, delivered by Community Champions (VCKC).



# Healthier Futures



## Advice

- **Specialist legal advice for disabled people:** Legal advice on disability-related benefits, PIP, UC, Housing adaptations, disability discrimination and general casework, delivered by ADKC.
- **Information, Advice and Guidance Service:** Benefits, housing, grants and education advice for North Kensington residents delivered by The ClementJames Centre.



# Healthier Futures



## Group services

- **Cooking and Nutrition Classes:** In person healthy cooking class delivered by a different chef each week plus ingredients to take home, delivered by the Venture Centre.
- **Trauma support group for disabled people:** An opportunity to talk and receive support for traumatic experiences with an experienced counsellor at hand, delivered by ADKC.
- **Positive empowerment group for disabled people:** Confidential peer support and counselling group, any issues welcome. Friendly group atmosphere, delivered by ADKC.
- **Active for Health:** Culturally appropriate diabetes programme for people from BAME backgrounds, which includes supervised walks, information and advice and cookery lessons delivered by French African Welfare Association.
- **Lockdown CookUp:** 10-week cookery and wellbeing on a budget, both in person and virtual, delivered at The Curve.
- **Caring Hands Project:** Culturally specific project for people from Sub-Saharan Africa providing arts and crafts, coffee and Tea mornings, walking groups and cooking of healthy African food delivered by Pamodzi.
- **Young People's Programme:** Supporting young people (18-35 years) in North Kensington with wellbeing, creative and social workshops, including relaxation, art, healthy eating, gardening, walks in nature, volunteering taster sessions and placements, delivered by the Volunteer Centre K&C.
- **Afeemad and Afeeya (Health):** Culturally appropriate education for the Somali and Bravanese community to tackle obesity, diabetes, hypertension, cholesterol, Arthritis and mental health issues through virtual workshops and walking groups, delivered by Kulan Somali Organisation.



# Healthier Futures



## Training

- **Breathwork programme:** 10-week programme of breathwork training for women from North and East Africa, delivered by expert breathwork trainer, Marika Rauscher and HearWomen. The class will be held on Wednesdays 10:30-11:30am.
- **Digital Champions:** Peer-to-peer training designed to reduce digital exclusion among residents delivered by Dalgarno Trust, enabling access to online services such as the NHS, employment, DWP and RBKC with ease and confidence.
- **Health Coach Skills Training:** Providing tools and approaches for person-centred conversations, along with the opportunity to practice your new skills, with support and feedback from highly experienced trainers. For staff and volunteers of North Kensington Voluntary and Community sector only.
- **Mental Health Aware Training:** Providing confidence in supporting others in distress, basic knowledge on mental health issues and how to maintain your own mental wellbeing. For residents, staff and volunteers of the North Kensington Voluntary and Community Sector.



# Community Updates



- **Health coaching skills training:** 26<sup>th</sup> January 2022 and 24 February 2022 in-person
- **Next NK H&W forum 25<sup>th</sup> November:** Breathwork session delivered by Marika Rauscher
- **Volunteering and Job Fair:** Saturday 20<sup>th</sup> November at Kensington Town Hall
- **ALLOT:** pairing charities in need to workspace [allot.london](http://allot.london)
- **Vodaphone:** free phone plans for charities [charities.connected](http://charities.connected)