



Community and Maternity Champions

Conference Report 2025



City of Westminster



North West London



THE ROYAL BOROUGH OF
KENSINGTON
AND CHELSEA



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Introduction and Background

Each year, the Champions Programme hosts a conference that brings together volunteers, community leaders, NHS and Council staff, and partners to celebrate the achievements of Community and Maternity Champions. It offers networking opportunities and workshops focused on key health and wellbeing issues, aligned with local priorities.

As with previous years, for 2025, the event highlighted the vital role Champions and Community Connectors play in the emerging Healthy Neighbourhood Teams across Kensington and Chelsea and Westminster. This year the event was at Grand Junction, Westminster, and the theme was 'BUILDING HEALTHIER FUTURES TOGETHER'.

Speakers included:

- Community and Maternity Champions, Apprentices and Community Health and Wellbeing Workers
- Adam Hyland, Raisa Barber Trim Talks Initiative
- Councillor Adam Hug, Leader of Westminster City Council
- Councillor Josh Rendall, Lead Member for Adult Social Care and Public Health, The Royal Borough of Kensington and Chelsea
- Anna Raleigh, Bi-borough of Public Health, Westminster City Council and The Royal Borough of Kensington and Chelsea
- Rita Thakaria, Bi-Borough Place-based Partnership, Managing Director, Central London Community Healthcare NHS Trust
- The keynote speakers this year were Moira Ugoji, Director for Communities and Culture, Royal Borough of Kensington and Chelsea and Serena Simon, Director of Communities, Westminster City Council.

The event was co-hosted by two of our Champions – Nabilah Abdulfaraj, from our Westbourne project in Westminster, and Seema Anjum from our Earls Court project in Kensington and Chelsea.

Champions as Community Connectors

The Champions Programme operates across Kensington and Chelsea (RBKC) and Westminster (WCC), with 11 Community Champions (CC) projects – six in RBKC and five in WCC – and two Maternity Champions (MC) borough leads supporting Maternity Champions work within each Champions project. These hyperlocal initiatives are based in the top 10-20% of most deprived areas nationally and with the highest health inequalities in our two boroughs. Each project serves around 1,000-2,000 households, mostly (though not exclusively) estate-based social housing.

Around 200 Champions are active at any time, delivering events, campaigns, and activities to improve health, reduce isolation, and address inequalities. Champions receive accredited training, gaining valuable skills that often lead to employment or further training in roles like Community Health and Wellbeing Workers or Social Prescribers. The Champions Apprenticeship scheme, established in May 2023, has seen volunteers like Nabilah move from unemployment into paid Apprenticeship roles, with most continuing with their VCS employers post-Apprenticeship. The scheme was nationally recognised in the Autumn, having been shortlisted for the prestigious HSJ Awards 2025, in the **Workforce Initiative of the Year** category.

The Event

On the day 258 delegates attended, from a total of 283 registered. These included :

- 145 Champions, project managers, provider organisations' staff and CEOs.
- Community HWB Workers, Social Prescribers, Apprentices and Navigators.
- RBKC and WCC staff including Public Health Strategic Leads and Commissioners, Head of Health Partnerships, Head of Communities, Prevent/Community Safety, and Children and Young People's teams.
- Ward Councillors where projects are based.
- NHS representatives including IAPT, NHS North West London strategic and delivery leads, Central London Community Healthcare, Central and North West London (CNWL) and Imperial NHS Foundation Trusts, GPs and GP Federation representatives, Grenfell Health and Wellbeing Service, Bi-borough Place Based Partnership leads, NHS North West London Immunisation, Personalised Care and Oral Health leads, Chelsea and Westminster and North Middlesex Hospitals.
- Maternity and Early Years representatives.
- Service providers and VCS organisations including Breast Cancer Now, Change for Life, Change Gow Live (CGL), Community Matters, Envoy Partnership, Family Action, Health Education Partnership, Healthwatch, Kensington and Chelsea Social Council, K&C Foundation, Minds Matter UK, One Westminster, Reed/One You, RBE Associates, Turning Point, Urbanwise, Visiting Angels, Waythrough.

It is always great to see the wide range of statutory and VCS representation, showcasing the strong partnerships the programme has built across sectors over the years.

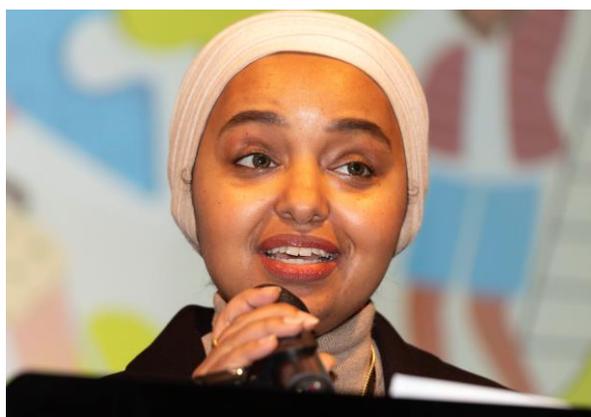
The Co-hosts

Before the conference, Champions were invited to train as Co-hosts. Despite never having spoken in front of an audience before **Nabilah Abdulfaraj** (Westbourne project) and **Seema Anjum** (Earls Court project) volunteered. Over 8 weeks, they completed online training, crafted their scripts, and attended a dress rehearsal at the venue. On the day, they were outstanding, sharing their personal stories, discussing their roles as

Champions, and highlighting their central role in connecting communities, services, and partners. Nabilah opened the conference, and Seema closed it, working together throughout the event to introduce the speakers, film, and awards ceremony.

Once Nabilah had introduced the Conference, she reflected on her own growth through the Community and Maternity Champion programme, where extensive training boosted her confidence and ability to share vital health information. As a mother, Nabilah spoke about how she valued the programme and how it benefits both her community and her own family. Her experience has led her to pursue a Community Health and Wellbeing Worker Apprenticeship run by the Champions Programme, and a role with Paddington Development Trust, where she continues to build her skills and career. Nabilah told us that she has learned so much, met new people, and developed her skills step by step, continuing to grow, and hoping to build a strong career in the future.

She expressed her deep gratitude to the programme's leaders and fellow champions, describing them as a second family, and highlighting the pride she feels in supporting other parents and contributing meaningfully to her community.



Before Seema closed the Conference, she told us that she was originally from India and now with grown children, chose to give back to her community by becoming a Champion. She began with simple tasks at their local breakfast club, learning the importance of presence and connection. Training in health improvement, behaviour change, and later peer support for new mothers strengthened her communication skills and confidence. Her multilingual abilities – Urdu, Punjabi, Hindi, English, as well as learning Arabic – help her support diverse communities in Earls Court.

As her role expanded, she helped bridge gaps between residents and services, coordinated events, and promoted mental health and cancer awareness. She highlights how empathy, patience, and consistent involvement build trust and opens new opportunities. Grateful for the experiences and cultural outings the programme offers, she encourages others to start small and embrace learning, saying *“This journey may begin quietly but leads to extraordinary outcomes – a community strengthened by compassion, connection, and shared purpose.”* She ended with heartfelt thanks to her project manager, Leny, and appreciation for her supportive community.

The Film

This year the Champions' Programme annual report is being captured as a [film](#) with an early cut being screened at the conference, to a rousing ovation. The film is a snapshot that showcases just a fraction of the many activities, events and campaigns the Champions run in each project throughout the year, and what these mean to the those living in their communities as well as the Champions themselves.

Introductory Welcome and Opening Speeches

Cllr Hug, Leader of Westminster City Council, opened the conference by welcoming all the champions, connectors and partners from the community and voluntary sector and NHS. He expressed gratitude for the vital work of champions and connectors in supporting community health and delivering key strategies, and highlighted the conference as a chance to collaborate on tackling poverty, reducing inequalities which should not exist in 2025, and creating a fairer system.

Champions are part of a powerful public health workforce across both boroughs delivering amazing projects and activities for all ages and abilities. Being that friend to support and guide in difficult times is so powerful and meaningful, and having deep rooted connections and trusted voices to deliver public health messages to communities that the statutory services struggle to engage with.



He emphasised the essential role of Champions in raising awareness of issues like blood pressure and cancer, improving access to services such as pharmacies, as part of the public health workforce. Cllr Hug recognised Champions as leaders and key partners in building more integrated, healthy neighbourhoods, thanking them for their ongoing dedication and hard work.



Councillor Josh Rendall, Lead Member for Adult Social Care and Public Health, The Royal Borough of Kensington and Chelsea, spoke about the incredible job Champions do and his pride in the programme winning two staff awards – **Project of the Year** and **Becoming the Best** – which was a testament to their hard work and commitment. He highlighted their key role in the CQC awarding RBKC Outstanding and thanked them from the bottom of his heart, as this could not have been achieved without them.

Anna Raleigh, Director of Public Health, Westminster City Council and The Royal Borough of Kensington and Chelsea, highlighted the vital role of Champions in the health and care system, describing them as the frontline for Public Health. She described them as the heartbeat on the ground, and the voice of the community. Champions help to build trust, improve health outcomes, and drive behaviour change by being the eyes and ears of the community, knowing what works, amplifying and accelerating connections to services, and fostering a sense of belonging.

This approach is central to creating a fairer, happier and healthier Westminster and Kensington and Chelsea. Rooted in kindness and compassion, Champions address the isolation that comes with illness, disability, and parenthood, helping people to come together and cope. This community-driven movement is changing how we work, using innovative, meaningful approaches to transform the health and care system.



Rita Thakaria, Bi-Borough Place Based Partnership Managing Director, Central London Community Healthcare NHS Trust opened with, *“You fill others’ cups – today, we’re here to fill yours.”* She expressed her honour in addressing a room full of change-makers who are the heartbeat of the community, connectors, educators, advocates, and friends, making health personal, local, and human. Rita spoke passionately about her role in transforming healthcare at the neighbourhood level, highlighting the vital work of Champions.

Through kindness, deep connections, and recognising individual differences, Champions are tackling complex issues like mental health, homelessness, and obesity. They are the glue building trust and trying new approaches with communities. *She ended by stating “now, it’s time for the rest of the health and care system to step up and work alongside you”,* embracing the amazing commitment and fresh perspectives that you bring to healthcare.

Community Connector Speeches

Our first Champion Speaker, **Magda Rezag El Bakouri**, was unable to attend the conference and so her manager, **Zander Payne**, from our Worlds End and Cremorne project, read the speech on her behalf. He described how becoming a Community and Maternity Champion gave Magda renewed purpose after a period when she needed support herself. What began as a small step into volunteering had become a deeply rewarding part of her life. This summer, she designed and led a Summer Toddler Club, which successfully brought local families together and demonstrated how even small community projects can have a significant impact. He described how becoming a Community and Maternity Champion gave Magda renewed purpose after a period when she needed support herself. What began as a small step into volunteering had become a deeply rewarding part of her life. This summer, she designed and led a Summer Toddler Club, which successfully brought local families together and demonstrated how even small community projects can have a significant impact.



She highlighted the power of connection – how simple interactions can improve wellbeing, reduce loneliness, and give children and parents a sense of belonging. Magda also emphasised the value of partnerships, describing her collaboration with a Change4Life Perinatal Coordinator, which helped extend support to more families. Overall, she reflected that building healthier communities is about working together to create inclusive, supportive spaces, and she is proud to play her part.

Next was **Adam Hyland**, Manager and Owner of Raisa barber shop, pioneering the Trim Talks Initiative, alongside Westminster's Communities Team. Adam showed a short [film](#) about his work before he gave his speech. Though not a barber by trade, he opened Raisa Barbers in Maida Vale with one mission: to create a safe space for customers, colleagues and the community. Over the years, he's fulfilled this mission, serving a vibrant local population. Through his work, Adam saw that barber shops could be more than just places to cut hair – they're spaces to connect, listen, and build trust. As mental health became a key topic, he realised that the barber's role is not just about cutting hair but about making people feel heard, to build trust and feel safe. Raisa Barbers pioneered the Trim Talks programme, a positive initiative that reflects these values. Adam emphasised that everyone in the room plays an important role in this cause, each contributing uniquely to bringing people together. He praised the event as a powerful opportunity to learn, reflect, and spread awareness in our communities.





Rachel Wadsworth, a Maternity Champion from our Churchill Gardens and Tachbrook Champions Project, spoke about her personal and meaningful journey as a maternity champion. Motivated by her own experiences as a parent, and the support she once received from early-parenthood groups, she chose to help other families navigate challenges such as accessing healthcare, education, and emotional support. Training – especially in breastfeeding peer support – has strengthened her ability to assist new mothers and connect with fellow Champions.

She described the Maternity Champions team as a small but committed group of experienced mums working to meet the diverse needs of their community. Their project collaborates closely with local organisations, including family hubs, the NHS, and grassroots groups. A key current initiative is establishing a link with St Thomas' Hospital to provide breastfeeding support for new mothers – an important step, given how many local women give birth there. Driven by their Maternity Champion leads, it aims to improve health outcomes and expand support beyond hospital into the community.

She concluded by emphasising that building healthier communities together relies on collective effort. Whether through volunteering, awareness-raising, or simple acts of kindness, everyone can play a role. She expressed pride in the team's impact and strong belief in the importance of supporting families at crucial moments in their lives.

Our final Connector Speaker was Celware Hmaidatou, one of our Community Health & Wellbeing Worker Apprentices with Westminster's Maternity Champions.

Celware reflected on her two-year journey from Community Champion to Maternity Champion and now a Community Health and Wellbeing Worker Apprentice. She describes how the apprenticeship has strengthened her skills, confidence, and sense of belonging while allowing her to lead projects, support fellow champions, and work collaboratively across Family Hubs. Meeting families from diverse backgrounds has shown her how even small acts of support can make a meaningful difference.



She shared a key experience of helping a mother who was struggling with breastfeeding—offering reassurance, practical guidance, and linking her to a local support group. The mother's later gratitude reinforced the impact of her role and motivated her to continue. Working toward her qualification has empowered her personally and professionally, helping her turn her passion into a career.

She concludes that by listening, connecting people to the right support, and recognising strengths within the community, Maternity Champions are collectively building healthier, more resilient neighbourhoods.

Round Table Workshops

The workshops are a highlight of the conference, sparking lively discussions. This year's themes, shaped by the Champions' projects, addressed current issues and reflected priorities from Healthy Neighbourhood Teams, the Bi-borough HWB Strategy, the Fairer Westminster Strategy, the RBKC Council Plan, and JSNA Borough Stories.

Workshops offer a unique chance for staff, service providers, Champions, and system leaders to collaborate on health and wellbeing challenges and develop solutions. Champions' deep community connections provide valuable insights into service delivery, which staff and providers highly appreciate.

Planning the content and selecting Champion Managers and Topic Experts as co-facilitators is a major focus in the months before the event, ensuring the workshops are engaging, educational, and inspiring. As always, the energy in the room made these sessions both enjoyable and productive.



Workshop Themes

There were 21 workshop themes discussed across 25 round tables:

1. Healthy Beginnings: Community Approaches to Perinatal Mental Health
2. Nourish & Nurture: Building Healthy Habits from the First Feed
3. Community approaches to supporting heart and lung health
4. Diabetes Made Simple: Early Detection, Lifestyle, and Long-Term Support
5. Boosting Trust: Addressing Barriers to Immunisation Through Cultural and Community Insight
6. Insights for Impact – improving cancer screening together
7. From Isolation to Inclusion: Community-Based Solutions to Loneliness
8. Breaking the barriers to supporting good mental health in diverse communities
9. Understanding Dementia: Compassionate Care in Dementia Support
10. Caring for the Carers: Recognition, Resilience, and Support

11. From Awareness to Growth: Community Approaches to Supporting Neurodivergence
12. Understanding and Supporting the Menopause Journey
13. Beyond the Barbershop: innovative approaches for men's health outreach
14. Cost of Living Crisis and its impact on children
15. Promoting positive relationships and good sexual health
16. Nature-Hood Watch: how to create thriving green spaces within a city
17. Eating well and keeping active for children and their families
18. Greener Living in Action: practical steps for healthier people and planet
19. Healthy Lifestyles - engaging communities to improve health inequalities
20. Community Support for Drug and Alcohol Issues



A number of recurring themes came out of the workshop discussions (***For a full record of the key points head to Appendix 1***).

1. **Knowledge Gaps and Information Sharing**

- There was a consistent need for more awareness of available services (e.g., mental health, cancer screening, support for carers, etc.). Regular updates, additional training and clearer signposting were identified, especially for champions to confidently share resources with communities.

2. **Mental Health and Well-being**

- Mental health issues, particularly perinatal mental health, anxiety and depression, were prominent concerns. There was also a need to address the stigma around mental health and improve confidence in discussing mental health symptoms.

3. **Support for Specific Groups**

- A focus on supporting specific audiences including neurodivergent individuals, LGBTQIA+ community, parents, carers, and men, with tailored services, outreach, and safe spaces for support. There was also an emphasis on how to understand and support different health and identity needs, such as sexual health.

4. **Community Knowledge and Resilience**

- Champions connect people to services and build confidence and resilience through education, listening, and supporting community initiatives. Building trust, engaging people in conversations, and allowing them to make informed decisions were key themes.

5. **Education and Prevention**

- The importance of promoting positive health habits early in life was highlighted. There is an ongoing need for resources on a variety of topics, from breastfeeding to smoking cessation, and health education for young people.

6. **Access to Health Services**

- Access to services, including care for carers, cancer screenings, and perinatal support, needs to be easier and more accessible. There were concerns about the financial strain on services and the lack of clear communication or tailored support for vulnerable populations.

7. **Housing and Environmental Health**

- Housing conditions, such as poor living environments, impact physical and mental health. There is a need for better housing support, especially in the face of climate change and extreme weather. Services should focus on helping families with heating, cooling, and overall living conditions.

8. **Social Support Networks**

- Strong social networks and peer support, including listening groups, community spaces, and online resources like WhatsApp groups, are critical to fostering well-being and resilience. These networks help people share experiences and access support.

9. **Physical Activity and Healthy Lifestyle**

- Movement, exercise, and healthy lifestyle choices were recurring themes, with a particular focus on supporting both mental and physical health. Activities like walking and bike clubs, and movement in workshops were seen as effective in improving well-being.

10. **Financial and Resource Challenges**

- The increasing cost of living, including rising food and housing costs, has a direct impact on health. Local initiatives like food banks and resources for financial support are crucial. There was also a call for more affordable access to healthy food along with more energy-efficient housing.



Keynote Speakers

This year the Conference hosted Moira Ugoji, Director for Communities and Culture, The Royal Borough of Kensington and Chelsea, and Serena Simon, Director of Communities, Westminster City Council, as our Keynote speakers.

Moira spoke about the innovative ways to reconnect with communities after Grenfell, highlighting Community and Maternity Champions as trusted links between the council and residents. She emphasised the council's commitment to engagement through co-production, transparency, and accountability, ensuring residents have ownership and that feedback is listened to and embedded in service delivery. She highlighted the importance of engaging young people and connecting community voices across safety, environment, culture, and sport.



She told us that the council aims to offer inclusive and diverse engagement opportunities, valuing all voices regardless of background. Key priorities include the Celebrating Co-production programme, which includes redesign of Portobello Road, a full review of the complaints process, and co-designed Grenfell support. Moira also outlined funding for the voluntary and community sector, plans to strengthen the citizens panel, and closer work with frontline staff. She concluded by describing champions as best practice and the gold standard, with the aim of spreading this model to build healthier communities and trust.



Serena said she felt privileged to speak at the Conference and highlighted the work of the Communities Department in Westminster including community consultation and engagement, community grants, community development teams, and the community hub programme – Changing Futures – and strong partnerships with the voluntary and community sector.

She outlined #2035 as a key mission aligned with the conference theme of improving health outcomes for those most in need. Drawing on learning from Champions, she framed the council's approach in three words: strength, humility, and listening. Serena emphasised the importance of listening and acting differently, sharing insights across departments, and supporting community-led decision making by knowing when to step back and let communities lead. She stressed that this does not remove responsibility but ensures shared outcomes that matter to residents.

She also highlighted the strength and assets within communities, encouraging a focus on “what’s strong, not what’s wrong” and identifying Champions as key community assets. She concluded by outlining commitments to embed community-led participation, with examples including a register of active residents, co-production of the homelessness strategy, and community conversations in North Paddington.

Award Presentation

Hosted by the Right Worshipful Lord Mayor of Westminster, Cllr Paul Dimoldenberg, the Award presentation recognised 148 Champions, who received 234 certificates for:

Volunteer Hours completed (in 50-hour increments) and accredited training covering:

- Royal Society for Public Health: Understanding Health Improvement, Supporting Behaviour Change, Encouraging Vaccination Uptake.
- National Childbirth Trust: Birth and Beyond Community Supporter, Breastfeeding Peer Supporter.
- MHFA England: Youth Mental Health First Aid, Adult Mental Health First Aid.
- Active iQ: Chair-based Exercise Instructor.
- Apprentices from both boroughs received a Certificate of Achievement, recognising their progress, and the work they do within each Champions project.

The Lord Mayor praised the event, highlighting the vital role Champions play as the backbone of communities in Westminster and Kensington and Chelsea. He thanked the Champions for their dedication and wide-ranging work that improves health, wellbeing, and community life. Amid the doom and gloom of negative news, he described Champions as a positive force who bring inspiration and warmth to people’s lives.



Reflecting on his time as the “walking Lord Mayor,” he emphasised the benefits of walking, staying active, and engaging with the area’s rich history. He concluded by emphasising that Champions should never underestimate their impact, assuring them that their contributions make a meaningful difference to individuals and communities, and expressing deep gratitude for their service.



The Importance of Collaboration and Partnership Working

Each year, the Champions Conference brings together community voices, service leads and system leaders for a rare chance to tackle the real-world impact of health inequalities and spark coordinated action. This year's [Conference Film](#) recorded the day and spotlighted the vital role of Champions and Connectors in the Healthy Neighbourhood Teams model – showing how their work drives the NHS 10 Year Plan and helps reduce inequalities across our communities through local leadership in action.

Word Cloud constructed from Feedback Forms (most mentioned words)



Appendix: Round Table Workshop Discussion Feedback

Discussions were summarised on the day into key themes and actions.

Healthy Beginnings: Community Approaches to Perinatal Mental Health

1. Stigma around safeguarding issues and struggling with mental health – will I be reported to social services. Important to get to know services so that champions signpost confidently.
2. Maternity champions – need more training on accessing resources and induction training before formal NCT training.
3. Main theme came out about not knowing what services are out there to signpost to. They would love to be updated about this on a regular basis.
4. Time frame for perinatal mental health (pregnancy to two years) range of physical symptoms and difficulties anxiety, low mood, low energy, mixture of emotions, suicidal thoughts, psychosis. Not everyone was familiar with the mental health pathway.
5. How confident you are speaking to a person who you think might have symptoms both personal experiences and receiving breastfeeding peer support helped people to be more confident in having a conversation.
6. Parents need to be aware of the services and support when they are being discharged from hospitals, linking with hospitals to provide promotional materials so can be given to parents. The promotional materials need to be provided in different languages.

Nourish & Nurture: Building Healthy Habits from the First Feed

1. Anti-natal education – importance of breastfeeding signposting. Action: increased targeting pregnant women in groups, and signpost to support post birth.
2. Breastfeeding issues and problems and showing understanding of situation. Action: practical support increase psychological support increase education on healthy wait choices
3. Benefits to baby, mother, family, society. Action: implementing the Westminster and RBKC breastfeeding plan continue the promotion and implement these plan.

Community approaches to supporting Heart and Lung Health

1. Asthma and inhaler types, allergy – vaccination importance.
2. COPD and prevention, smoking advice.
3. Diabetes and the effects on the body.

Boosting Trust: Addressing Barriers to Immunisation Through Cultural and Community Insight

1. Information widely available in many places and formats.
2. Don't try and persuade someone who is against vaccines in principle.
3. Find out if not vaccinating is just something they forgot, something they didn't know, something they thought cost money and was too expensive, they are afraid of needles.
4. If you have to pay for it, it is expensive.

Insights for Impact – Improving Cancer Screening Together

1. The group talked about the lack of community knowledge on the eligibility and age requirements for the four cancer screening programmes. Action: Stephanie to share the cancer screening posters more widely with community groups.
2. Talked about the importance of communicating key data and statistics to help people make informed decisions, e.g. that the HPV vaccine can prevent up to four different types of cancer (as opposed to just cervical). To include in next HPV awareness campaign.
3. Talked about information overload when people receive their screening invitation; group felt that an infographic alongside the letter would make the information easier for people to digest.

From Isolation to Inclusion: Community-Based Solutions to Loneliness

1. Services being closed down due to financial cuts.
2. Life transitions, poverty, the culture of success and did the visuality make you vulnerable.
3. Community care – this is what champions do.

Understanding Dementia: Compassionate Care in Dementia Support

1. An overview of what dementia is and how it affects memory, thinking, behaviour, emotions, and day-to-day functioning.
2. The impact of dementia on communication, relationships, and a person's sense of identity and independence.
3. Practical guidance on how to interact with, support, and respond to someone living with dementia in a calm, respectful, and person-centred manner.

Caring for the Carers: Recognition, Resilience, and Support

1. Who are carers and what is their role – duty, responsibility, educational, not thinking about yourself, practical, talking, form filling, connection to services.
2. Services for carers – not always specific, general services. Talking therapies, carers assessment, carers network, MIND and family.
3. What keeps you going as a carer – taking a break, sharing experiences support, being appreciated, faith, support systems, listening groups, friends groups, take a break in order to keep caring.
4. Connecting, sign posting, trust building – to enable people to enter the front door. Help and empowering, bring it back to themselves.
5. Letting people know what is available. Helping people to recognise they are a carer. Listening, allow people to make a decision, observation.
6. How to help – build a conversation, do not make assumptions, help them to open up, listen, linking them with peers.
7. What helps – going for a walk/exercise. Have a health check, talking therapies, meeting a friend, shutting off/quiet time, running a safe space.

From Awareness to Growth: Community Approaches to Supporting Neurodivergence

1. It is important that we understand how to support neurodivergent adults, as many may not know how to support themselves or what support is available.
2. Making very small changes can have a huge impact.
3. We need to create more opportunities for neurodivergent young people to come together and have a space where they can truly be themselves.

Understanding and Supporting the Menopause Journey

1. Knowledge to be our own advocate as GPs often not helpful. Having good resources. Knowing that HRT is not bad.
2. Menopause is not just about periods it's about the whole body, heart, and bone strength, bladders and psychological.
3. Nutrition/fuelling our bodies well. Checkups – cholesterol DM, HTN.
4. Staying strong for life – exercise and gym. Knowing how to prevent falls, live life independently. Be active even when in pain. Run workshops.

Beyond the Barbershop: Innovative Approaches for Men's Health Outreach

1. What men are facing, identity crisis – what is a man in 2025.
2. Relationship issues – to be tough at all times. Financial struggles.
3. Safe spaces and places to go to outreach – sports club, barbershop, pubs, coffee shops, places of work (construction sites), football stadium.
4. What can we do – care work should be embedded in existing men's spaces instead of creating new men services. Find out networking men have around them and encourage them to talk/open up.

Cost of Living Crisis and its Impact on Children

1. Make new connections between partners to share resource is.
2. Importance of information about services to support available.
3. Tailored support for different needs.
4. Trust the NHS better.
5. Different aspects of cost of living – increasing cost of food is a concern and access to healthier affordable food. Heating our homes. Water bill increase – water companies can increase with no regulation you can't choose the supplier. Internet. Homelessness. Clothes and clothing. Refugees. Housing and rent increases.
6. How can we support families – local food banks and pantries. There are not always wrap around services. OLIO (on line only)/too good to go, letting people know it's OK. Renters rights bill with a cap and tax on rent.

Promoting Positive Relationships and Good Sexual Health

1. Addressing stigma around sexual health. SASH psychological support versus clinical, GP and sexual health services.
2. What makes relationships healthy and what is meant by good sexual health – inclusion/ language. LGBTQIA+ health and trans identity intersection with global majority and partnerships with other organisations.

3. Coproduction with internal and external agencies. Coding and Coproduction and consultation of services and materials – SASH to reach out to commissioners for support on this.

Nature-Hood Watch: How to Create Thriving Green Spaces within a City

1. Corporate greed – removal of green and blue spaces for housing.
2. Connecting people to nature through and with heritage – getting people involved in Mary Seacole park.
3. Connecting urban families connect with nature through actively overcoming barriers.
4. Reconditioning barges for homeless people.

Eating Well and Keeping Active for Children and their Families

1. Movement and Focus: Movement enhances concentration and focus for both children and adults, encouraging active engagement rather than sitting.
2. Creativity and Imagination in Workshops: Co-designed workshops foster creativity, incorporating movement and multi-sensory experiences, e.g. exploring whole fruits like pineapples.
3. Motivation and Resources: Movement-based activities are motivating and can be simple or free, offering inventive ways to engage participants.
4. Interactive Learning and Training Interest: Participants love interactive workshops and are eager to sign up for further C4L training to deliver similar activities.
5. Mood and Purpose: The workshops positively impact mood, helping participants transition from feeling tired or busy to relaxed and focused on their purpose. Activities also support teaching children about fresh produce and encourage movement.

Greener Living in Action: Practical Steps for Healthier People and Planet

1. Where we live – promote support services to targeted communities to support with homes that are too hot or too cold offer energy conversations and extreme weather preparedness.
2. How we move – promote bike works and cycle confident services. Offer walking clubs to improve mental health through nature connection.
3. What we buy, use and dispose of – create WhatsApp groups that encourage community sharing.
4. For others to understand the link between climate change and health it's important for champions work.

Healthy Lifestyles - Engaging Communities to Improve Health Inequalities

1. .Communication – utilise WhatsApp group north Westminster to increase service and activity awareness. Also find a way to engage with elderly.
2. Work closely with housing and employment and health to build referral pathways.
3. ACCESSIBILITY.

4. Bad housing - Poor housing conditions, impact people's health (physical and mental). Big drain on NHS and other services. If this is not tackled then health issues will continue.
5. Positive Health Education - If young people are not brought up with the right habits then health can be impacted. If parents smoke, eat unhealthy, drink then their children may follow.
6. Mental Health - People need good mental health in order to tackle day-to-day life. Maslow hierarchy of needs was discussed. If mental state is not good, then may turn to drink, drugs, sugar, in order to try and improve situation. Therefore will not be in a good place to tackle other health issues.
7. Tobacco is really bad but vaping is taking over in terms of children, they think it's a good trendy thing.



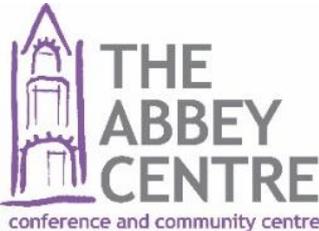
Contact:

Lesley Derry, Community and Maternity Champions Programme Manager

E: lderry@westminster.gov.uk

T: 07817 053940

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