

North Kensington Health & Wellbeing Network

28th October 2021, via Zoom

Actions and Key Points

- Camila Marin-Restrepo (CMR), Project Officer for North Kensington Self-Care Programme (KCSC)
- Kalwant Sahota (KS), North West London Clinical Commissioning Group

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*

- These monthly meetings will be held from 10am to 11.30am.
- Future meetings can be found on the website [here](#).

Camila Marin-Restrepo (CMR) used the following presentation throughout the meeting.

[Presentation](#)

Update on Self-Care Event:

- Great event, good to meet people in person
- Some organisations were able to get referrals straight away as the right NHS staff were present
- There was a wide range of options for health care professionals
- Also good for organisations to network among themselves and make connections
- Some familiar faces but also important to have an update on new staff and new services that have changed during the pandemic
- Better to have time slots as it meant that stalls were not overloaded at one time

Family Model (Kalwant Sahota, NWLCCG)

Communities have told NWLCCG that they want effort to be focussed on:

- If they are a family, they want to be treated as a family.
- They want them to help individual residents and families build their own capacity so they can look after themselves and not have to rely on others.
- They want them to support the community as a whole.

- Many social prescribing activities are aimed at individuals as opposed to families, however, evidence demonstrates that social networks are powerful influencers of behavioural change and that the family environment is one of the strongest predictors of some long-term health conditions such as obesity.
- Furthermore, in some cultures, family-based activity is the preferred choice of socialisation, thus KCSC and NWLCCG are inviting providers to bring forward proposals of projects that the family-unit can participate in.
- To address this the North Kensington self-care programme will be piloting different ways in working with a family/household to address health concerns and build skills of resilience for a healthier and empowered community.
- Examples in the past have included art to address mental health; gardening to promote sustainable living and learning about healthy eating
- Current offer is focused on individual adult offer and community offer but how do they support family as a whole, as family unit needs are not addressed
- There is a need for interventions that can support families as a whole for better wellbeing
- For this reason, there is further funding to pilot and test this theory, where they are looking to trial innovative areas of delivery
- It could be practical support and tips provided to a family as an activity (such as practical tips on how to cope with stress or how to incorporate healthier life choices
- Or projects could focus on learning skills as a family unit:
 - o healthy eating/exercise
 - o yoga/meditation
 - o mindfulness
- Language skills are also to be taken into account as some families may not have English as a first language
- They encourage providers who have experience of working with families, and if you as an organisation do not have that experience you can submit a partnership bid
- This funding is time limited – so they look to be able to build a skill around families that they can continue to utilise when funding is finished

Discussion around Family Model:

- In reality quite hard to execute, Dalgarno Trust does see full family unit but in different groups and may not necessarily have expertise in health to do it properly, but definitely feels it is valuable as parents will feel more supported
- Important to not duplicate current offers such as change4life, etc.
- Another organisation called Descendants was funded by metropolitan police, they ran an intergenerational project for families together. Usually parents either hang around or go somewhere else, so they included activities such as roller skating, Friday family night, cooking with children, games night and movie night.
- More difficult to target teenage boys, but they did this by creating football matches against police. The important aspect is building relationships with parents, who can be shy
- Important to find one common thread to pull all generations such as weight so they can support each other at home
- Success of previous projects meant that more families sitting down to eat together, mindfully setting time to have conversations and do things together. Having informal chats as a family lead to wider conversation
- Other projects involved Story telling and often food is essential when it comes to talking and sharing. looking at families' journey (migration) can help to strengthen

families as many have never had that conversation and children can gain a new level of respect

- During lockdown everyone had to be together, now everyone has gone back to their own groups, so it's an important time to bring people together again
- Important to links of what is available in other boroughs – pull up a pack of different services in area
- Playground Theatre created a show that took place over the telephone over lockdown, audience was taking part in telemarketing exercise but it intertwined family memories and worked really well

Action: Kalwant and Camille Pegus (NWLCCG) will write a short couple of lines of examples that are delivering family models in other parts of London to generate ideas.

Questions/comments from chat:

- "Will we have an update on COVID-19 infections in North Kensington?"
 - Response: Forum is targeted towards organisations from the voluntary sector to see where gaps in service provision are, not about addressing covid needs as that is discussed at various other forums. If it is a need or want of forum, then we can reach out to RBKC/public health to give an update at the forum.
- I keep being asked how people can have a face-to-face meeting with their GP rather than the practice nurse, who seem to be the only staff available on site
 - GPs have a triaging system where allied professionals in primary care triage/signpost to person who is most appropriate professional to meet need that has been identified. It doesn't mean that they are receiving less of a service with a nurse. Who they are triaged to depends on what information they have disclosed about their issue and the severity of it
 - This triaging system has been created to deal with the demand, and we should adjust expectations accordingly
 - If primary care is a key theme we can ask them to come along to future network meeting to explain triaging process (get a GP come along to the forum)

Healthier Futures:

The North Kensington Self-Care Programme is now known as Healthier Futures, this name along with the logo was created through consultation with the community and will refer to all of the self-care/social prescribing services funded by the North Kensington Recovery Programme and managed by KCSC. There are 18 projects, which can all be referred into via primary care:

Exercise and Wellbeing Services

- **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).

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.

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.
- **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.

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.

Updates from KCSC:

- [Health coaching skills training](#): 26 January 2022 and 24 February 2022 in-person
- [Next NK H&W forum](#) 25 November: Breathwork session delivered by Marika Rauscher
- Volunteering and Job Fair: Saturday 20th November at Kensington Town Hall.
 - For more information and stall registration (for organisations): <https://www.kcsc.org.uk/volunteering-job-fair-organisation-registration-form>
 - Sign-up form (for the general public): <https://bit.ly/3lxLtN9> and poster attached.
 - Nada's email address: nada@kcsc.org.uk
- [ALLOT](#): pairing charities in need to workspace (allot.london)
- [Vodafone](#): free phone plans for charities (charities.connected)

Update from Clement James:

They have Women's Self Care Day on Wednesday 24th November (with group workshops, activities, and bookable treatments to promote self-care) - free and lunch provided! They also have monthly Gardening sessions open to all on Wednesdays 11am - 1pm. The next session is the 9th November - no need to book or register, people can just turn up.

Attendance:

Organisation
SPLW
NWL CCG - North Kensington Recovery Programme
Open Age
The ClementJames Centre
The Dalgarno Trust
Thrive tribe
One You K&C
Playground Theatre
CLW
Age UK Kensington & Chelsea
Grenfell Community Connector - NHS
VCKC
BME Health Forum
Community Massage London

Next meeting: 25th November 2021, 10:00am – 11:30am