Case Study 1 – North Kensington Self Care Programme Online Meditation

Ms H said that she found that the suggested techniques that she applied throughout the day helped her to be less stressed about perceived / conjured thought strings based on anxiety and prior life events.

She could also recognize her reoccurring habitual tendencies more easily, so she could devise alternate solutions instead of worrying and stressing out, feeling overwhelmed.

Message received from Ms H:

"*Hope you are well. The meditation sessions were good and very relaxing. Thank you*"

Since the lockdown I have improved my communication and IT skills and learning how to use Zoom has enabled me to continue to participate in Open Age remote classes and helped me to stay connected to the church and other community organisations that I depend on.
Member feedback from Open Age Men's group

Case Study 2 – Resonate Arts Connect Project

The creative befriender supported SN and her son to join our festive online concert, and it was lovely to see them virtually, joining with the music and chatting together.

SN and her befriender continue to call every week and talk about theatre, plays, pets and general news and events. SN said she looks forward to meeting her befriender, and her son hopes they can all go out for a coffee together soon.

Our Creative Befrienders programme aims to reduce social isolation and loneliness and connect with people, using arts and creativity as the catalyst. Matching SN with a befriender took a lot of perseverance through cancelled visits and an initial challenging phone call with her son. However the outcome has been very positive, providing a regular weekly social interaction for SN and a chance for her son to "take a break so I can get out for some fresh air but know that she has someone to pass the time and chat with". He also said the calls have been going well and expressed interest in the possibility of joining a group in the future.

Case Study 3 – Busayo Twins, KCSC Policy and Voice Development Officer

Busayo's research project was about investigating the economic impact of Covid-19 on RBKC's Black African and Caribbean residents. The project followed suggestions from the NHS and employment data that this demographic had been disproportionately impacted and Busayo's task was to understand what was happening within the borough itself. Once a local picture had been captured and understood the aim was to inform our members/the sector and decide how to ameliorate the situation.

Busayo organised a series of focus groups with 15 local organisations to get their insights on the experiences of their Black service users during the pandemic. Busayo prioritised meetings with organisations whose main beneficiaries were black RBKC residents, but any organisation that had useful contributions were welcome to take part. Busayo identified key economic factors to guide the conversations. All focus groups were held over zoom or telephone. The insights were collated and organised according to key themes that had emerged from the discussions.

Busayo then put this information into a mini report, and presented the initial findings at KCSC Voluntary Organisations Forum (VOF). Several attendees to follow up and have access to the report to shape their own work, including RBKC council.

Organisational Development Case Study
October 2020 - March 2021

Case Study 1 – Organisation For Women

For Women helps to address loneliness and isolation by offering peer-support sessions (which were online during the pandemic). KCSC supported them throughout the process of setting up as a Community Interest Company; they had previously been an informal community organisation which found it difficult to secure appropriately-sized grants. During 2020/21 KCSC introduced For Women to the local National Lottery Community Fund Grants Officer and supported them to successfully apply for their first £10,000 grant. The organisation has gone from strength to strength and are now creating a theory of change to set out what other projects and outcomes are needed in future.