

Health and Wellbeing Case Study 1 – Client referred for Welfare Calls via Community Massage Team

Ms P lives alone, she is extremely anxious and suffers from periods of depression. She admits to self-neglect because of this.

A therapist from the massage team called Ms P weekly because she was aware of how isolated she was and her tendency for depression. Each call was guided by the client. They covered a range of topics including politics, neighbours, housing, mental health and doctors appointments.

Feedback from Therapist...

“There were times when we laughed so hard about something that was happening. We talked about our experiences of the Notting Hill Carnival because we both missed that carnival was cancelled”.

Feedback from Client...

“Thank you so, so, much. I feel for the first time in two years I am pain free...many thanks for helping me to let go of the past lockdown...”

Health and Wellbeing Case Study 2 – An Ode to Well Read by a Client

*Well READ has been amazing
The icing on the cake
It's transformed my way of living
From sleep to now awake.*

*It's helped revive my senses
Be it sight or smell or sound
It has helped me stand up straight again
And put my feet back on the ground*

*For darkness had once hijacked my life
And stolen all the fun
Winter came and refused to leave
And took away the sun.*

*I battled on for many years
With gusto strength and might
A warrior grown of stoic blood
I refused to cease the fight .*

*Then suddenly came a helping hand
Offering groups that brought a smile
And slowly darkness lost its grip
and the brightness stretched for miles.*

*For those that help improve others lives
A thousand blessings from the start
A million thanks and so much love
From the bottom of my heart.*

Thank you Phil and Alice and Lisa and Paul and all the others at Well Read x

Organisational Development Case Study 1 - KCSC support to Lockdown Cookout

We have supported Lockdown Cookout after they were awarded some funding to delivering a cooking programme.

We supported them to look at legal structures that would suit their organisation. We also helped them to set up policies and processes for the new organisation so that they can get ready to successfully deliver the grant they have been awarded and look at other funding opportunities to help them expand their organisation.

Organisational Development Case Study 2 - KCSC support to Renegade Theatre

KCSC have been working closely with Renegade Theatre, a local theatre company providing performing arts workshops for adults and young people. Having operated as a community group for several years, Renegade Theatre approached KCSC for help to incorporate as a Community Interest Company (CIC), which would enable them to apply for larger pots of funding to grow their work. KCSC worked with Renegade's board to provide 1-1 training on the roles and responsibilities of a CIC director.

In addition, KCSC supported Renegade's first bid for a Council contract which, if successful, would enable them to deliver their youth workshops for 3 years. Throughout the application process KCSC and Renegade developed a clear project plan and a creative evaluation system so that young people could use art and storytelling to express the difference the project has made to their lives.

"Thank you - you've been so helpful and [registering a CIC] would have been so confusing without you!"