

1,246

Volunteer
hours



Church Street Community Champions

Highlight Report

April 2018 - March 2019

“ I am glad I joined the buggy walk. That walk gives me energy all day. Also, it's a place where I can meet mums.”



Maternity Champions Buggy Walk

The Church Street Maternity Champions ran weekly buggy walks throughout the summer to support and encourage expectant and new mums and dads to be more active and socialise with other families who live in the area. Our Maternity Champions give support to the mums and dads who attend by signposting to different services, offering health awareness messages and breastfeeding one to one support. One mum with two babies who disclosed feeling stressed and lonely, said,

“ I love the buggy walk because it helps me to remove my stress and makes me smile again.”

Large events

Street party 1 300 attendees 	Sports event 1 200 attendees 	Festival 1 400 attendees 	Fun / family day 1 100 attendees 
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Communita Older People's activity

The Penfold hub hosts activities for Westminster residents over 50. The weekly coffee morning runs in partnership with the Church Street Community Champions who serve hot drinks and healthy snacks to attendees while initiating conversations about various health topics. There are board games and puzzles and one very popular activity has been adult colouring in. One attendee said, 'We were very happy today because we all got an A3 colouring book. This colouring book will help us, when we feel lonely and stressed and it is big enough for us to see it and colour it.' Reducing isolation is an important aim of the coffee morning. Another said, 'I like to come every week to Penfold Hub to meet my friend and have a chat with him because my friend has health issues, so he doesn't like to go outside.'

“ This is the most wonderful gift we have ever had... Thank you so much for thinking of us, we really appreciate it.”



paddington development trust

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Fourth Feathers Youth and Community Centre

Church Street Champions have been paying monthly visits to Fourth Feathers Youth Centre close to Church Street to run activities and share health messages to children aged 5 to 14. The champions invited the Nature Keeper from Friends of the Earth to teach the children why it is important to look after our environment by planting more trees, fruit and vegetables. Then the champions made a healthy pizza with the children.



'We really enjoyed planting fruit and vegetable today and we are lucky we have a youth centre where we can leave our plants because at home, we don't have enough space.'

'We enjoyed making pizza because we can choose what vegetables to use and we can do our design.'



'Doing planting with my children today made me feel happy and helped relieve our stress and anxiety.'



'it's great, especially when we see our kids so excited and enjoying their time.'

Regular events

Total participants 1,687

- 0 - 50
- 51 - 100
- 101 - 200
- 201 - 700



Spotlight on Community Champion

Entisar

Entisar became a community champion in June 2014. She says, 'I love being a champion because it helps different ethnic groups at Church Street by providing variety kind of services to different ages and background. It gave me a chance to use my positive energy and skills to support and to do so much good things for the small world around me. Now community champion becomes one of important thing in my life. Especially elderly - always I'm trying to make them happy and satisfied by chatting, colouring, playing chess and other games, providing tea and coffee with healthy snacks and celebrate with them Christmas and new year. Working with the elderly requires patience, humour, gentleness, kindness, compassion and a good-natured approach to life. I build good relationships with them because all the time they appreciate what we are doing and ask about us if we are absent for any reason. Those things make me and the champions more creative with them and keen to celebrate with them Christmas and new year, give them winter bags and sometimes buy small gifts. That also changed my life and makes me very keen to attend that day weekly. Helping elderly is rewarding for me because when I make them smile and happy that is a top of my happiness.'



Public Health Campaigns

Campaign Type	Child oral health	Healthy eating	Mental health	Physical activity	Winter Health
Sessions	4	5	2	5	1
Total Reached	180	126	1320	432	120



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