

HIGHLIGHT REPORT: WESTBOURNE COMMUNITY CHAMPIONS

Westbourne Community Café



In Spring 2019 the Westbourne Champions attended a Cook and Eat course with a qualified nutritionist. They so enjoyed being together in the kitchen they decided to run a monthly Community Café at the Stowe Centre. Working together as a group they served up to 50 local residents each month with healthy, delicious home-made food. The Champions

did quizzes with residents on healthy eating and oral health and everyone who attended was referred to the One You stall to have a basic health check of their blood pressure. In September the café had an Algerian theme and in December they held a festive special café with students from Westminster Academy helping to serve residents who enjoyed live music while they ate.

Members of our Feel Good Friday group who attended the café gave really positive feedback. One member said, ***'I really enjoyed the café today, it was so nice to meet new people and to do something a bit different, I really enjoyed the food and learning about healthy eating.'***

■ Westbourne Champions Relocate!

In August the Westbourne Champions moved their base from The Stowe Centre to Grand Junction, a newly opened community venue at the heart of Westbourne Green. Grand Junction was funded by the Heritage Lottery fund and was the Heritage winner of the Royal Institute of Chartered Surveyors' inaugural Social

Impact Awards 2020 for the building's 'transformational contribution to society'. The bright new building is an excellent place to hold Champion activities and they have already teamed up on a baby drop in, women's group and theatre sessions as well as having a lovely space to have Champions Team Meetings. Project manager Harriet

says, ***'We are so excited to move to our new venue, its right in the middle of Westbourne Green by the canal and places the Westbourne Champions right at the centre of the ward.'***



■ Feel Good Friday visits Westbourne Green Outdoor Gym

In July 2019 our long-standing mental health and wellbeing group Feel Good Friday teamed up with One You to test out the outdoor gym! Westbourne's outdoor gym equipment is in Westbourne Green and is well used by some very fit residents. We had some feedback from the group that they were interested in using the equipment but found it quite intimidating and weren't sure how to. So, one sunny Friday afternoon our Champions and residents went together to see how it worked.

Almost everyone tried out the machines and really enjoyed themselves. Many said they had been walking past the machines for years but had never thought to use the equipment but that now they felt inspired!

One older resident with limited mobility lives in the estate next to the park and said, ***'I'm going to use the walk down to the park as my warm-up and then use the gym to work on my lower body strength!'***



■ Spotlight on Community Champion, Fahimeh

Fahimeh joined the Westbourne Champions in April 2019. She attended some healthy cook and eat sessions run by the Champions at the Stowe Centre and enjoyed it so much she decided to join the team. Fahimeh hasn't ever worked outside the home and was looking for a way to improve her skills and gain more experience. After speaking with Harriet, the project leader, she decided to become a Community Champion. She says, ***'I really like the group of people in Champions, they are so friendly and active. I never had a chance to work and I thought it's the best way I can improve my skills.'***

Fahimeh reflected that she always tries to do the best when she's a Champion: to be responsible, respectful and friendly to people she meets from the local community. She finds that her flexibility and social skills help a lot with being a Champion. She now supports Feel Good Fridays and the Community Café, as well as helping out on public health campaigns like Winter Warmers.

She really enjoys the role and would recommend it to others: ***'I would say to anyone who wants to become a Champion you will learn a lot of new experiences, lots of training, lots of fun and lots of lovely people you can meet. So you don't feel you are alone in your area and you can discover lots of new things.'***



■ Winter Warmers Campaign

In Autumn 2019 the Champions ran their Winter Warmers campaign, aimed at promoting flu vaccines and making sure that vulnerable and isolated residents were aware of support available to them during the Winter. The campaign started off with a fun and interactive training session. The Champions practiced tricky conversations about vaccines so that they would feel confident to talk to residents about them effectively. They held a stall in Grand Union GP practice and spoke to 20 patients, putting their training into practice and challenging common myths around vaccinations and the flu. They continued to promote messages throughout the autumn, culminating in the Winter Warmers Community Café in December.

One elderly resident who attended the winter warmer event said that she had been very ill over Christmas and her GP was closed. She looked through the winter warmer bag and found information about NHS 111 and called them. They sent an ambulance around for her and she was taken to hospital to be cared for. She was very grateful for the support she received: ***'Thank you so much for sharing the information with me, it was invaluable when I didn't feel well over Christmas.'***

Westbourne Community Champions: Facts and Figures

1230



VOLUNTEER
HOURS

1217



RESIDENTS
REACHED

639



ATTENDED
5 LARGE
EVENTS

200



REACHED
BY 3 PUBLIC
HEALTH
CAMPAIGNS

2336



ATTENDANCES
AT 6 REGULAR
COURSES OR
GROUPS