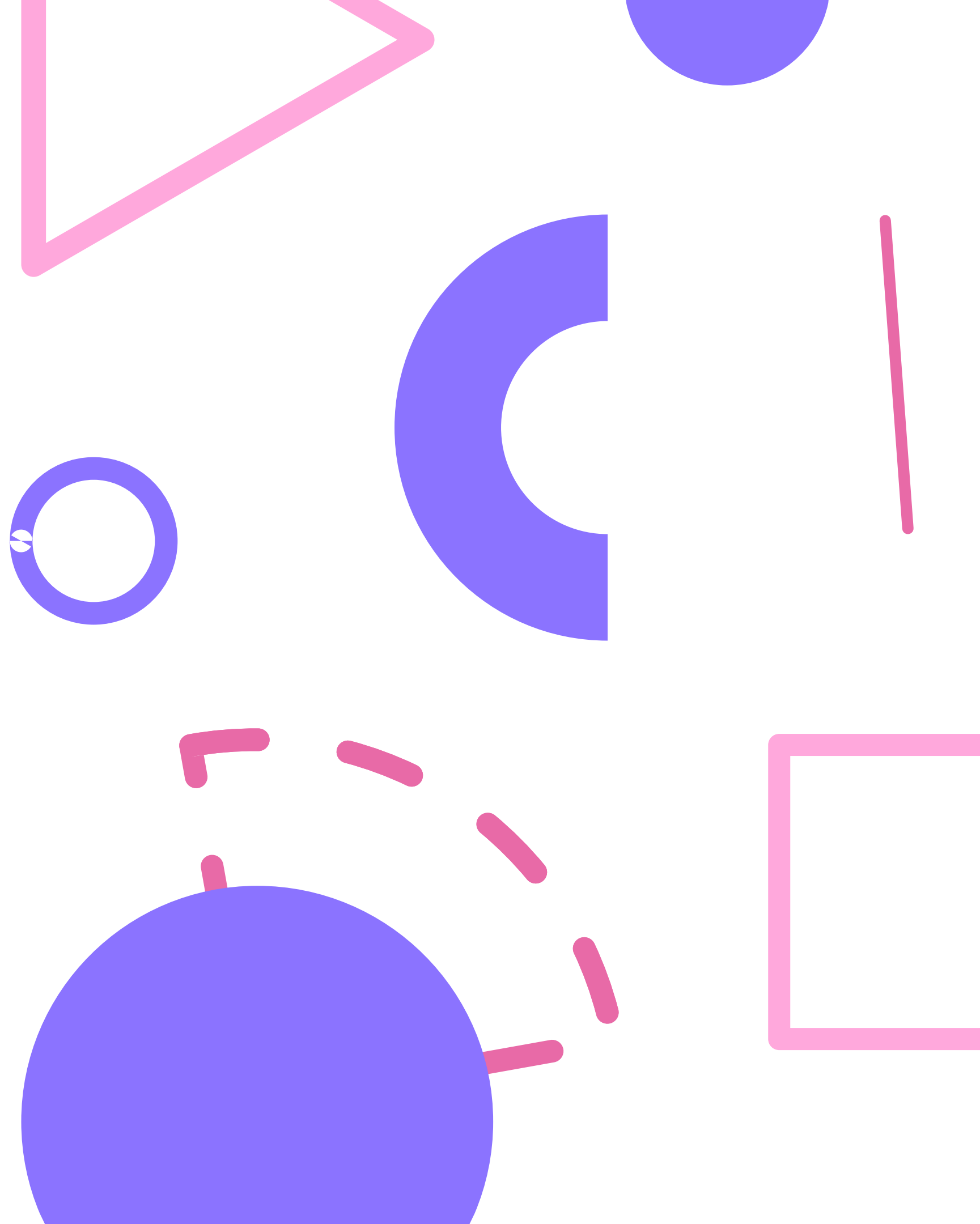
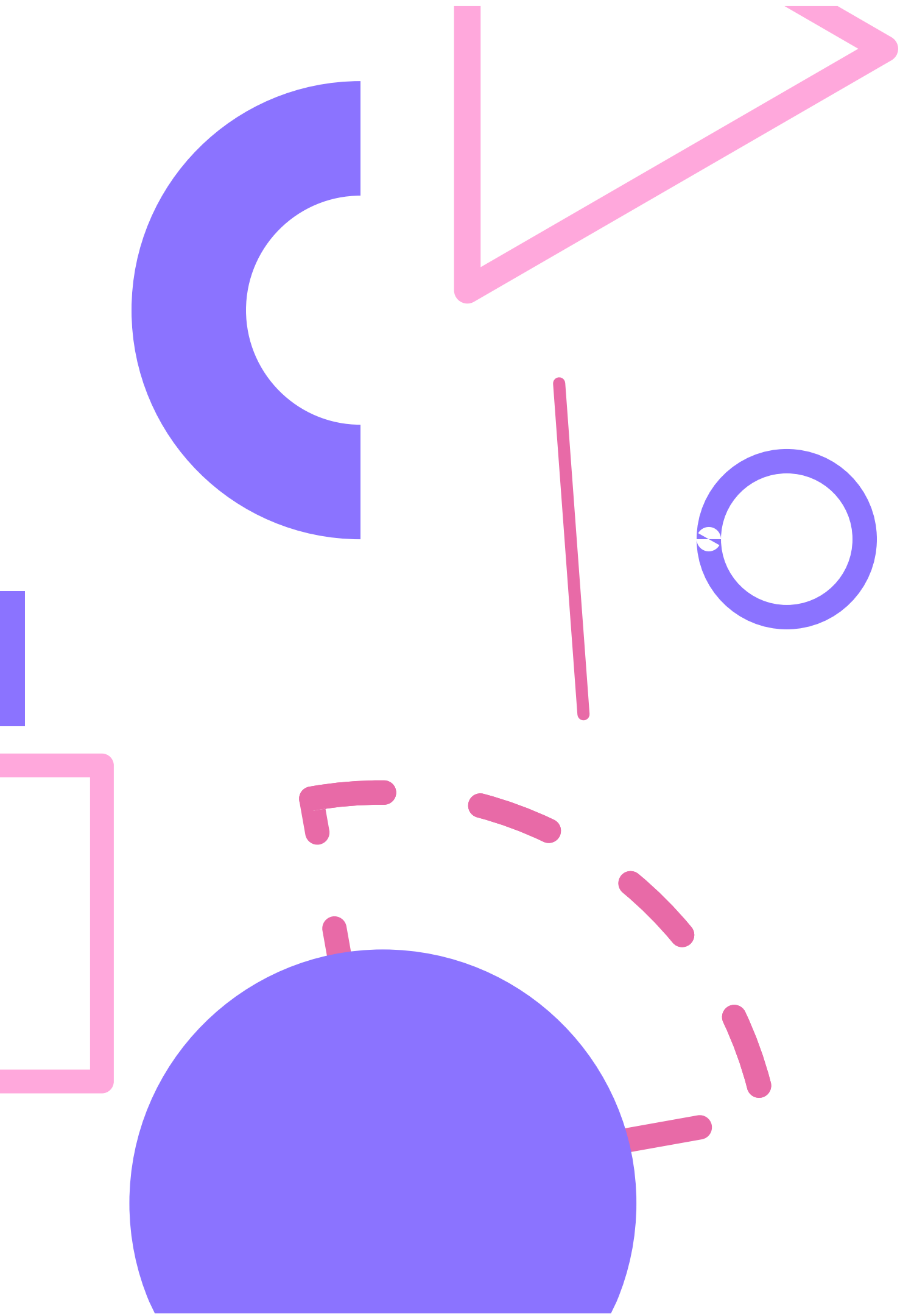


Back to School on Health Improvements





**Welcome from
Serena Simon &
Hugh McCaughey**



Community wellbeing





Old Kent Road

Family Zone

Our approach

Creating the conditions for people to thrive



Cost of living



Crime



THE RETREAT

Today

Community Board

10 local parents
12 local organisations
Co-creating solutions

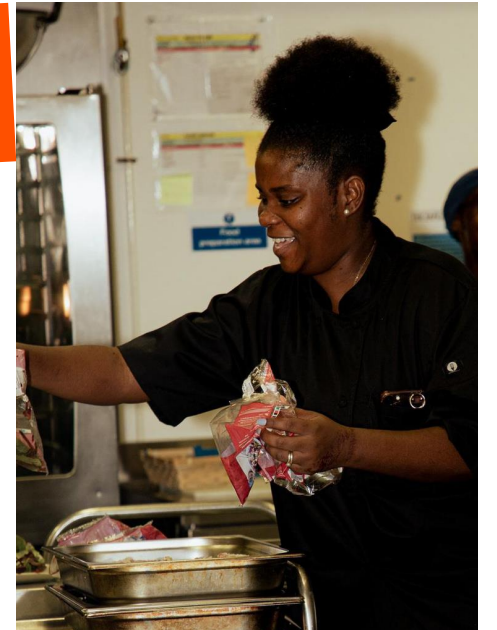


The Marketplace

350 monthly visitors
8 partners
14 services including 44 health checks

Community employment

Zone coordinator
6 paid roles
30+ regular volunteers



Community restaurant

40 visitors
9 volunteers, 10 paid community members

Partners

Youth Club

60 young people (Year 5 - Year 8)

Impact on **Urban Health**

Partnership Southwark



Working together to improve health and well-being for the people of Southwark



very

Felix

trullo

Changing lives one person at a time

'I feel alive'

'I've found myself again'



K's story, now thriving because of:

- Opportunities to connect with others/be part of the community
- Having 'somewhere to go' without financial/social burden(s)
- Being heard, seen & championed
- Developing deeper sense of purpose - developing ambition
- Opportunities to volunteer and/or utilise skills and/or gain formal employment
- Developing self efficacy/pride by deepening understanding of self and self worth
- Opportunity to access training opportunities without childcare drain
- Reduced mental load – engaging in services in one place
- Reducing financial burden – gaining employment through the Zone directly/indirectly through new networks
- Support without judgement



Learnings



This work requires a different mindset - not being the 'expert', being a genuine facilitator can be hard

Slower pace when 'doing with' is to be expected

Making change one person at a time makes it feel more manageable

Trust the process, the community DO HAVE the answers!

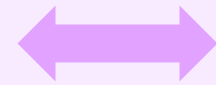
Multiple training needs when unlocking/building capacity

Funding is still possible to gain when not 'usual model' and impact not easy to capture

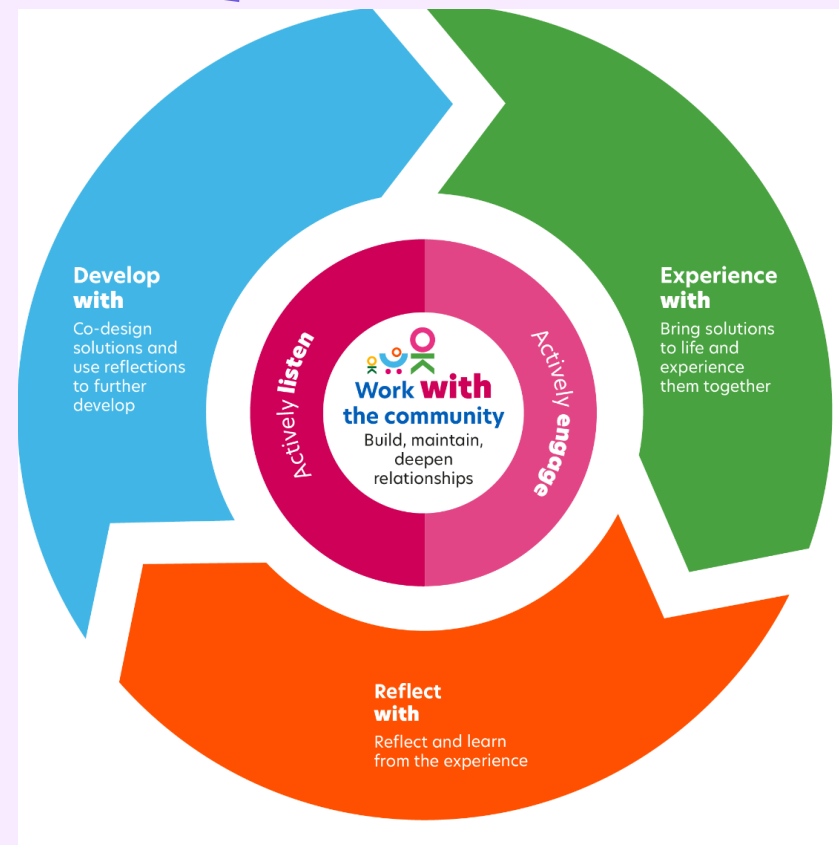
What's next... Scaling the model

Deepening and leveraging partnerships

Training for school / community leaders



“This initiative brings a whole system approach to children’s wellbeing in disadvantaged neighbourhoods, bringing together local partners to support children and families with a broad range of challenges, provide early help for parents to address social challenges, and better access to physical and mental health services.”
Director of ICS System Development,
NHS



Codify and capture the model into case studies, toolkits and training materials



Find out more and get involved

oldkentroadfamilyzone.org.uk

ent

Nicola Noble - nnoble@ssq.org.uk
Ellie Lister - ellie.lister@bigeducation.org

Get in touch





**Improving outcomes for children
through music**

Our Purpose

Vision: *To transform the lives of children in disadvantaged communities through music.*

Mission: *To ensure that children in the Greater Shankill and Colin areas of Belfast have a quality experience of music throughout childhood leading to better outcomes for them, their families and their communities.*



Background

- Led by Colin Neighbourhood Partnership and Greater Shankill Partnership with the Ulster Orchestra and Queen's University Innovation Zones as music and evaluation delivery partners
- The 4 participating schools are in areas ranked 18, 39, 107 and 150 most deprived out of 890 wards in Northern Ireland
- Began in 2017 with 113 pupils; now delivers 26 weeks a year to 1,060 pupils aged 4-11



Activities

- P1-P3 pupils (aged 4-7) receive class workshops in musicianship
- P4-P7 pupils (aged 7-11) choose their instrument from a selection of strings, woodwind, brass and percussion and receive instrumental tuition in small groups
- Workshops are delivered for 26 weeks in the year, totalling 4,357 workshops across the year
- 5 visits a year from Ulster Orchestra musicians
- 1 final event in Ulster Hall for P3 and P7 pupils accompanied by full Ulster Orchestra
- Gala events in schools and Colin Transport Hub for other year groups
- Universal and inclusive - Every pupil takes part, no audition process



The story from those involved



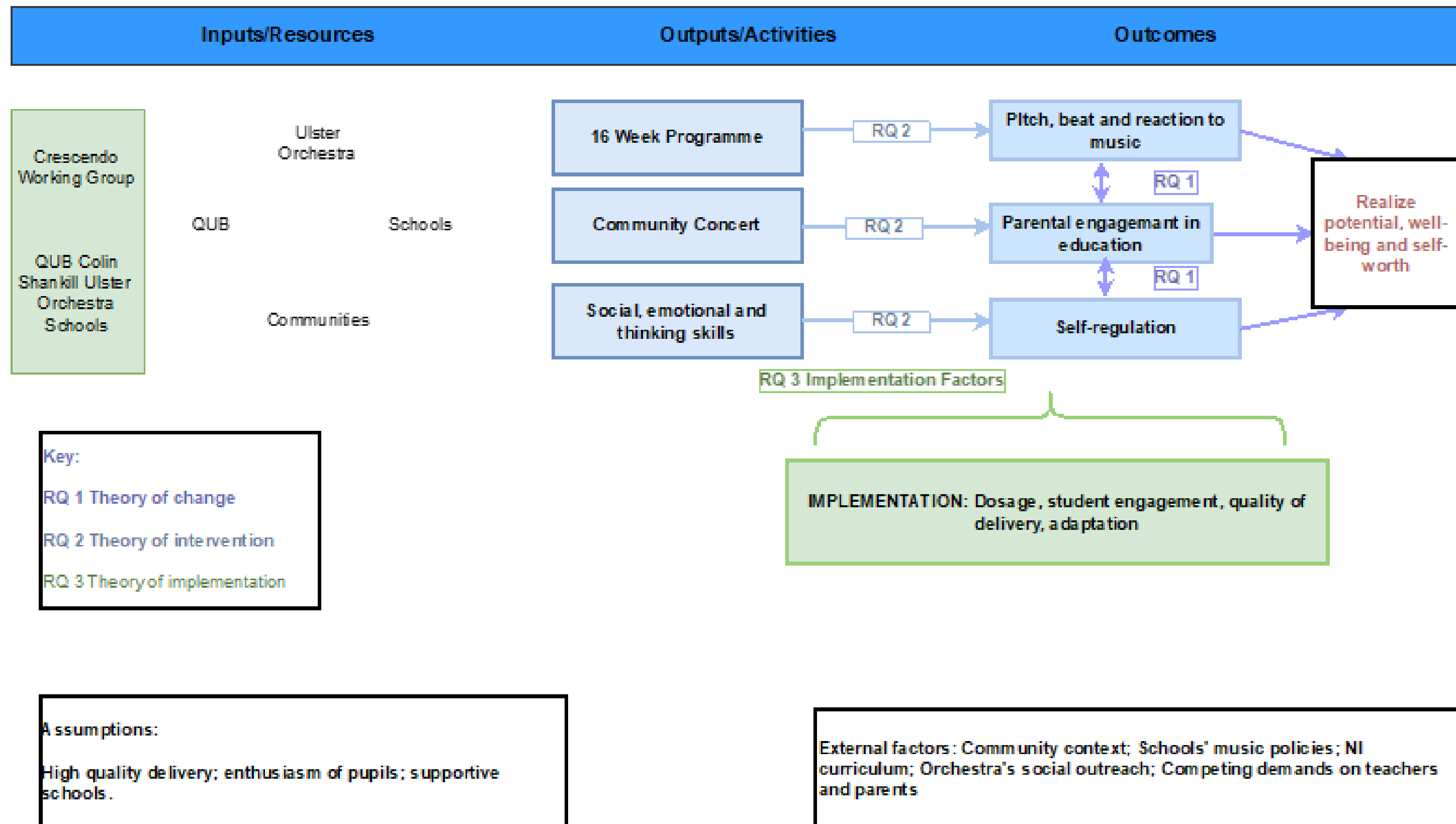
CRESCENDO

Partner Engagement: successes and challenges

CRESCENDO



Logic Model



Theory and Evidence of Impact

Theory of Intervention/Improvement

Teachers, musicians, schools and communities working together to improve child outcomes

Theory of Change

Music and Social and Emotional Learning (SEL) development are linked

Methods

Outcome (quant) and process (qual) evaluation, child research advisory groups (CRAG)

Findings

- PhD - 4 schools (N=147) - Pre/Post improvements in SEL (self-regulation) and music ability.
ES = .2
- Quasi experiment - 8 schools (N=410) - Pre/Post improvements in SEL and music ability.
ES = .2



Learning

CRESCENDO 

QUESTIONS/DISCUSSION



CRESCENDO



The logo for BriteBox features the word "BriteBox" in a playful, multi-colored font. The letters are arranged in two rows: "Brite" on top and "Box" on the bottom. Each letter is a different color: B (pink), R (blue), i (orange), T (green), E (pink), B (green), o (pink), x (blue). The letter 'i' is replaced by a carrot, 'o' by a tomato, and the first 'B' is replaced by a cupcake. A sun icon is positioned above the 'i'.

BriteBox

voh.org.uk/britebox



recipe meal kit
with all ingredients



delivered to homes via
schools

tackling food insecurity



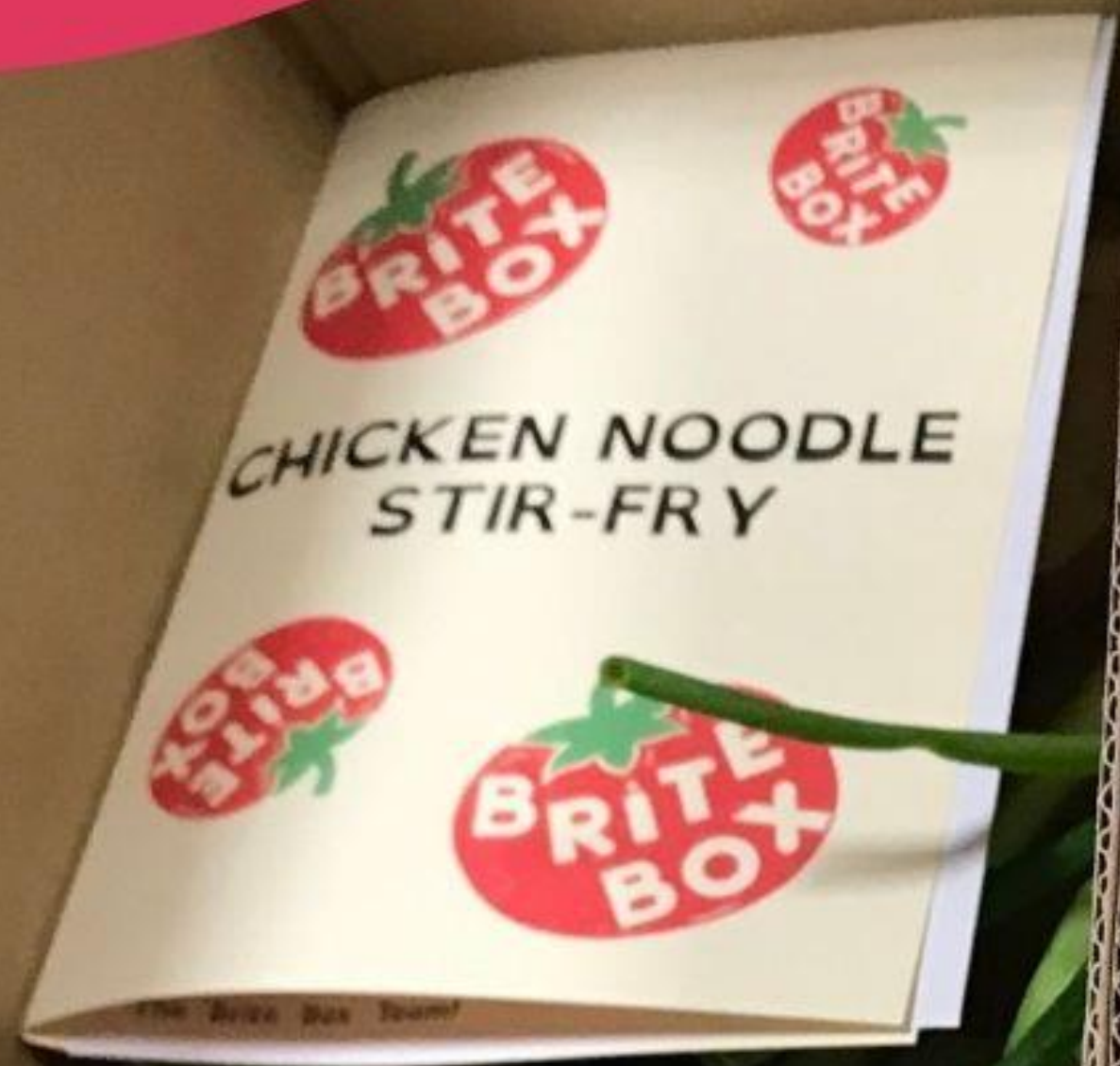
in a fun, family way

*builds skills, confidence,
resilience*



*brings families together,
transforms habits*

*programme of nutritionally
balanced.*



budget-friendly recipes

social franchise model



Hampton Hub - Harlequins

ecosystem of key partners



*education, healthcare, council,
businesses, community*

community enabled



volunteered empowered

local providers



cuisine in the award winning
Baluchi Restaurant.
... is an Indian bread bar and
... exclusive variety of artisanal
... paired with exquisite wines.
... dmaster's Room -
... experiences.
... British and
... menu.

businesses, charities, food banks,
independent butchers & grocers

6 areas, 4 London
boroughs



700 boxes each week

the box that keeps on giving - impact
on physical & mental health



driving engagement through
fun, easy, home based activity

87% positive experience



83% use the recipes again

76% children tried
new foods


67% families have eaten more
veg because of brite box





It's amazing and such an experience.... I'm so happy and now my kids eat different types of food and eat a lot more veggies!

BRITTE
BABY BOX



The feedback from the children and families has been overwhelming. I don't think I have been part of an initiative that has been so well received.



BRITEBOX

voh.org.uk/britebox





Westminster Changing Futures

In partnership with:

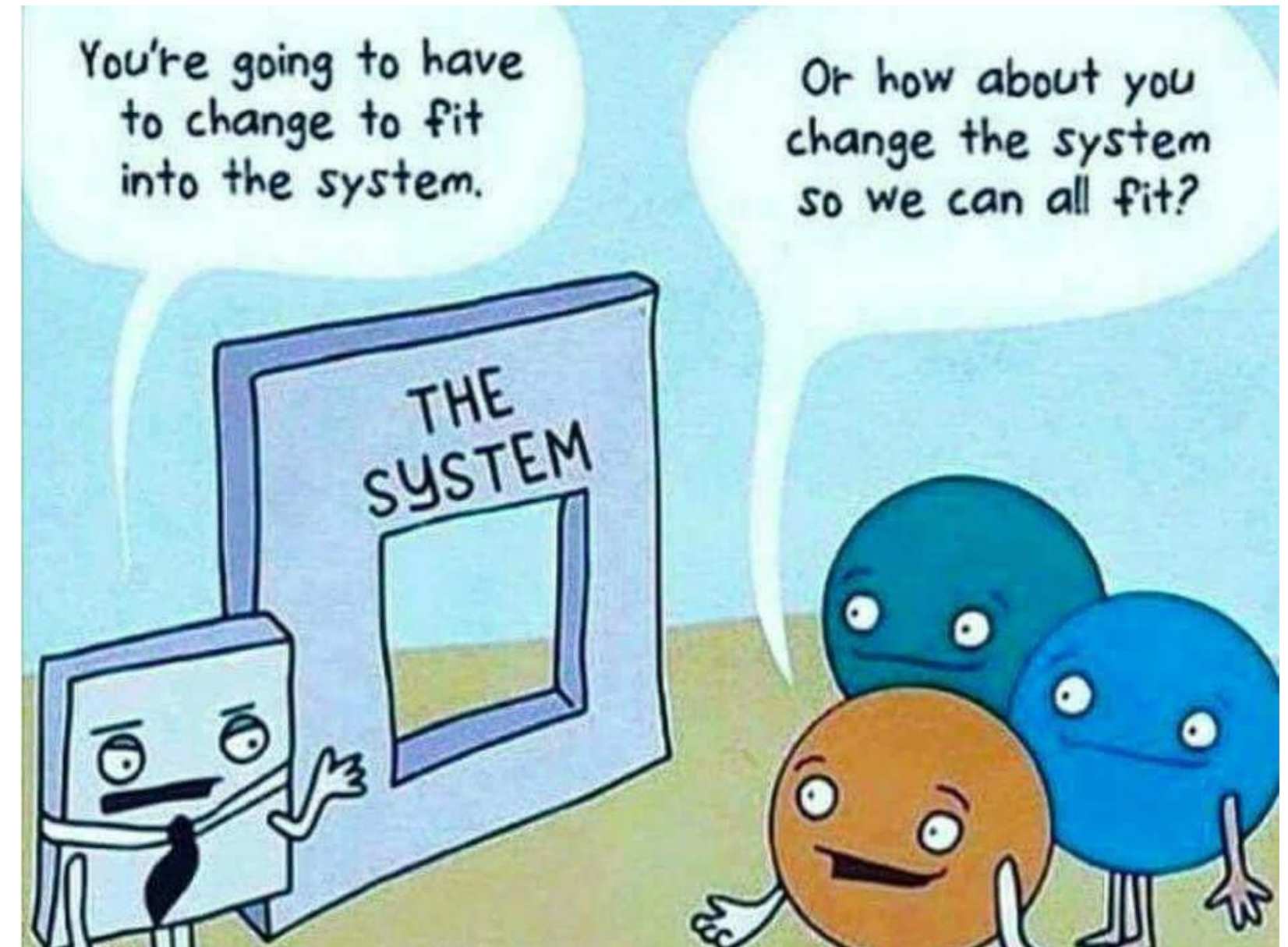


#FairerWestminster

What is Changing Futures?

Changing Futures, is a 4-year funded programme, bringing together partners, to work together differently; to see the whole person, and the whole 'system', and to collectively improve the experiences of the most vulnerable and disadvantaged in our communities, and society.

Creating change at an:
Individual - Service - System level



Aims of the Specialist Team

- Work with 18–25-year-olds who are experiencing complex and multiple needs.
- Small caseloads, intensive levels of support and a focus on recovery.
- Supporting young people who would fall through the gap created by the ‘system’.

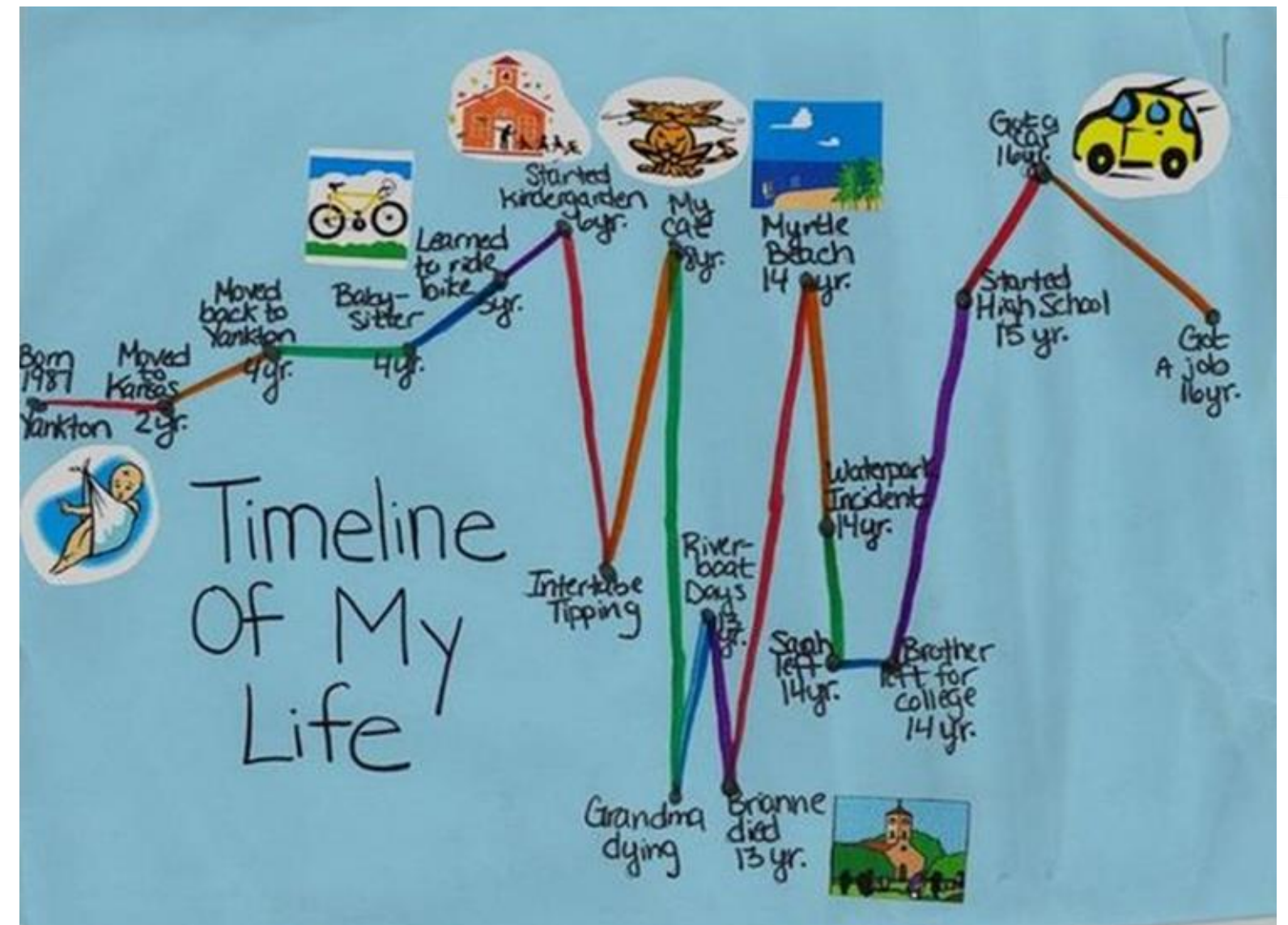


Specialist Team Practice Model



Holistic
Empathic
Assessment &
Recovery from
Trauma

- Compassion Focused Therapy/
CMT
- Trauma-Informed Mapping
Exercise.
- Attachment Informed Games
- Psychoeducational support



Listening & Learning

- Person-centred care
- Peer mentors
- Co-production groups
- System (listening &) learning



Impact and Results

- Supported over 100 young people.
- Improved Mental Health; clinical scales show reductions in anxiety & depression.
- Reduction in self-harming behaviour.
- Improved relationships with family & community engagement.
- More stable housing and job seeking behaviour.
- Reduction in criminal involvement



Impact and Results

“Before I met Steph [practitioner], I couldn’t access my higher (compassionate) self, but since working with Steph, my higher (compassionate) self, visits me more. She lets me know what I deserve. And makes me feel better about the future. “

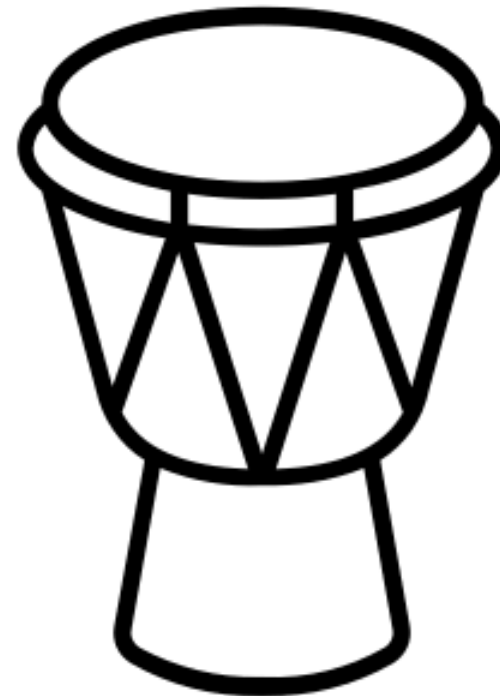


“The breathing exercises have helped, and I think there has been a change in me, I am definitely more relaxed, I am less negatively impacted by my own bothers, and I know how to manage them.”



Group Exercise

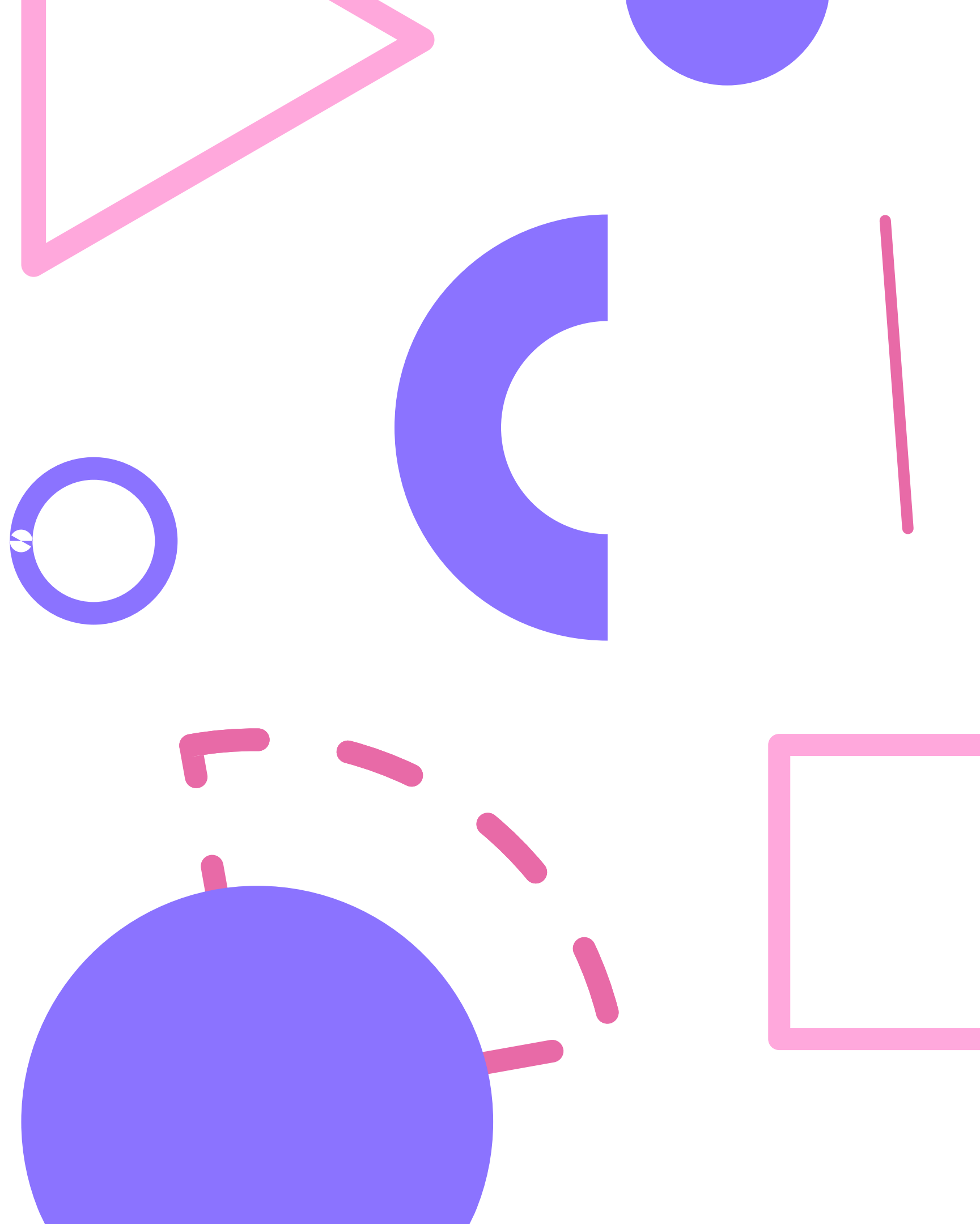
Self Regulation in Action...



Learn About Us



Breakout Sessions



Final Thoughts from Serena Simon & Hugh McCaughey

