

## LEARNING VISIT REPORT

### Highgate Newtown Community Centre 13840

<b>1.1 Date of visit:</b> 18/7/18	<b>1.2 Name of visiting Funding Manager:</b> Kate Moralee	<b>1.3 People met with:</b> CEO; 75+ Coordinator
<b>1.4 Programme Area &amp; Outcomes:</b> Older Londoners aged 75 years and over living more active and healthier lives and reporting improved well-being.		
<b>1.5 Purpose of the award:</b> £68,400 over 3 years for 75+ Coordinator (30 hours per week), activity tutors and associated costs of the 75+ programme.		
<b>MONITORING INFORMATION</b>		
<b>2.1 Project Outcome 1:</b> Local older people are less isolated, and report improved well-being as a result of accessing a range of activities  <b>Progress made:</b> Highgate Newtown Community Centre (HNCC) is delivering circle dancing, tai-chi, pilates, circuit training, chair-based exercise, yoga and walking outdoors. It is about to start a walking football session to attract more older men. Other activities include sewing class and an art group with a focus on remembering. Activities take place at the centre but also at two other new locations in the community.		
<b>2.2 Project Outcome 2:</b> Local older people are less isolated, with improved health and well-being from accessing the daily affordable community café.  <b>Progress made:</b> A healthy, affordable lunch is provided every day in the community café with 30 people per day accessing the café in the centre and 35 per day in a community venue. The café is expanding to three new venues in September. A “Birthday Tea” every Sunday has not been successful and this has now changed to a “drop-in” tea afternoon with Gail’s Bakery donating bread and cakes.		
<b>2.3 Project Outcome 3:</b> Increased well-being and reduced isolation in people over the age of 75 as a result of volunteering opportunities at Highgate Newtown Community Centre.  <b>Progress made:</b> Your officer did not discuss this at the visit. A monitoring report is due in September which will report in progress.		
<b>FUNDING MANAGER COMMENTS</b>		
Your officer met with the postholder funded by the grant and the CEO at the Community Centre. Your officer observed two of the activity sessions and talked to people taking part.  1. <b>Impact:</b> The activities have attracted high numbers of older local people with demand much greater than envisaged, due in part to the closure of other services in the borough. Your officer spoke to people taking part in activities who all had good things to say. One individual reflected on how		

wonderful it was to go out on a trip and to be with people laughing and smiling. Another person reported that the activities at HNCC had helped with their levels of physical activity and mental wellbeing.

HNCC have identified that the potential is huge and plan to increase the number of outreach activities in the different areas of the borough.

- 2. Learning:** The organisation has recognised that food is critical for older people to prevent rapid mental and physical deterioration. In response to this HNCC provides affordable meals in its community cafes; is expanding the number of café venues in the borough; and is planning to grow its meal delivery and befriending service for those older people who cannot get out of their homes. HNCC lunch provision has now become a flagship offer across the borough.

HNCC has recognised that more women than men access the activities for older people. To address this HNCC has planned and advertised “Walking Football” to meet the different needs and interests of men.

HNCC has also recognised the need to build relationships across generations and cultures, responding to this by working with local community cultural specific organisations delivering intergenerational and cultural programmes eg, Brazilian Festival, project with Save our Boys and Girls and Hopscotch (local Asian organisation).

- 3. Challenges:** The organisation has had planning approval for a complete new build on the current site. However, changing timescales for the start of the work has created difficulty in planning and scheduling activities, both in the centre and in the community. The postholder has now decided to plan, schedule and deliver activities in the community no matter the timescale of the relocation during the build of the new community centre.
- 4. Knowledge:** The postholder has networked and developed excellent relationships across the borough, securing referrals for the activities from Borough leads in Health and Social Care, from GPs and from local community organisations.
- 5. Total Assets:** Your officer referred HNCC to the STRIVE programme at Cranfield Trust at assessment stage, however this relationship has not yet developed. Your officer will reignite this referral as HNCC requested support with the growth and change related to building and opening a new community centre, alongside the requirement for it to be self-sustaining. HNCC expressed an interest in sharing experiences and learning from other organisations delivering similar services.